

[WWW.VICMASTERSATHS.ORG.AU](http://WWW.VICMASTERSATHS.ORG.AU)



# FOOTPRINTS



FEBRUARY 2015



**PLEASE, BE LANDING  
ON ZE BALL OF ZE FOOT,  
NOT ZE HEEL!**

## **SAFE LANDINGS**

**WE TAKE A LOOK AT BAREFOOT RUNNING AND FOREFOOT LANDING**

## Editorial

A Happy New Year to all our readers. There's not a lot going on to report in Masters Athletics at this time of year. Not many results, not much news from the Venues. Overall though, attendances are good at most Venues.

We were asked by one of our NSW colleagues for a complete set of results from the Victorian T&F Championships over our history and although various people have collected results, I realised we didn't have them in an organised or accessible form. They certainly were not on the website, where they should be.

Then Clyde Riddoch, our Statistician answered my call and delivered to me 2 boxes of "treasure". It was a collection of results *of all of our Championships*, State, National and most of the International competitions including programs, result sheets, newsletters - the lot - going back to 1977 !!

The collection was started by Royce Foley, who like Clyde was the Club Statistician. Royce passed it on to Clyde, who has consistently added to the records, each year, up to around 2005.

In the Results booklet from Miyazaki, Japan 1993, I even found Clyde's Race numbers. (Don't tell him I've got them).

Anyhow, when I've copied the results I will talk to Ralph about getting them on the website.

I've been reading for a few years now about barefoot running and noticing the shoe companies are all coming out with minimalist shoes to accommodate those people who want to "go back to nature". I've written an article on this movement for this issue.

The big things on the horizon this year are our State Championships at Doncaster on March 14-15. The Nationals in Sydney three weeks later and then, of course The World Champs in Lyon, France in August.

Here's a novel idea. Why not come along to the State Championships and support your Venue mates. You could even get close to the action by helping out.

Getting back to Lyon. You will know from previous World Champs that most of our group goes with Roy and Colleen Skuse. I have included details of their travel options together with a map of the Venues at Lyon. I have pinched this from the Lyon website and added in the location of the accommodation on the group tour.

Pleasing to see both of our VMA teams that are competing in the AV Shield are faring well. Both teams have made the Finals to be held 31st January.

*See you at the "Vics",*

*Russ Dickenson*

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Ewen Wilson has taken over the role of Uniforms Officer from Graham Philpott who has done the job so admirably for many years. Thanks Graham. Uniforms can now be purchased online through the VMA website - [www.vicmastersaths.org.au](http://www.vicmastersaths.org.au)



## NAG FILE

Athletes Moving into  
a New Age Group

LEO COFFEY	into M85
JOHN ABEL	into M65
SHANE BENBOW	into M40
BRENDAN BOYLE	into M50
MICHAEL DUCKWORTH	into M60
ROGER GLASS	into M65
JIM HEJTMANEK	into M50
BEVERLY HUGO	into W75
ROBYN KENNEDY	into W65
VAL WORRELL	into W80

This list is taken off the listing of Members as at 30/12/2014. If you renewed after that date you may not be shown

# Masterpieces

## WMA ATHLETES TO COMPETE IN EVENTS AT IAAF WORLD CHAMPIONSHIPS IN BEIJING, CHINA, AUGUST, 2015.

After lengthy negotiations, between WMA, the IAAF and the LOC of the IAAF World Track and Field Championships, to be held in Beijing, China it has been agreed two Masters events will be included into the programme. These events will take place as a lead in to the evening competition on Saturday 29th. August, 2015.

The events selected are a Womens' 50 plus 400 metres and a Mens' 50 plus 800 metres. It has been proposed that each event be a straight final with not less than eight athletes in the Women's 400 metres and up to ten athletes for the mens' race. Invitations to participate in the Masters events will be extended to those athletes who during 2014 and 2015 have run the 400 metres (Women) in 1.05.00 or

better and the 800 metres (Men) in 2.06.00 or better. Athletes details required:

Athletes who wish to be considered for selection to participate in these events should submit their applications in electronic or written form to WMA Secretary Winston Thomas at the following address by 30th March:

4 Gate Croft  
Hemel Hempstead  
Herts HP3 9NA  
GREAT BRITAIN

WMA sincerely thanks Cesar Moreno Bravo, the IAAF representative to WMA, for his dedicated efforts to make this inclusion of Masters events into the IAAF Championships a reality. We also thank both the IAAF Competitions Department and the LOC for their co-operation and guidance.

Stan Perkins WMA President

## What's On

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

### 2015

- February 4      **Andy Salter Memorial Relay** - Ross Reserve, Noble Park - *See ad. this issue*
- February 8      **VMA 5000m Racewalk Championships** - Dolamore Oval, Queens St, Mentone
- February 26     **Neighbours Night** - Coburg Venue - Confirm date with Neville Wilson  
*neville.wilson3084@outlook.com*
- March 14-15    **2015 Victorian Masters Athletics Championships**  
Tom Kelly Athletics Track, Doncaster  
Entry will be on-line thru the AV website - [www.athsvic.org.au](http://www.athsvic.org.au)
- March 22       **VMA Throws Pentathlon** - Duncan McKinnon - 10.00 am - Entries close 6 March  
Graeme Rose. Ph. 9836 2350
- March 23       **Manningham Mile** - Age graded event. Contact Graham Ford - [gford@bigpond.net.au](mailto:gford@bigpond.net.au)
- March 29       **VMA T&F Pentathlon** - Duncan McKinnon - 12 noon - Entries close 12 March  
Graeme Rose. Ph. 9836 2350
- April 3-6       **2015 Australia Masters Athletics Championships**  
The Crest Athletics Track, McClean St, Bass Hill, Bankstown, NSW.  
Entry is now open on-line thru [www.amasydney2015.com.au/](http://www.amasydney2015.com.au/)
- April 19       **VMA 3k Track** - Duncan McKinnon - 11.30 am - Entries open 1 February - see VMA website.
- April 28       **VMA 10k Track** - Collingwood
- 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](http://www.lyon2015.com)
- August 23      **VMA 10 Mile Road** - Princes Park
- September 6   **VMA Half Marathon** - Kevin Bartlett Reserve.
- October 3-10   **2015 Australia Masters Games** - Adelaide

### 2016

- Oct 26-Nov 6   **World Masters Athletics T&F Championships** - Perth, Australia - [www.perth2016.com](http://www.perth2016.com)

## Springy Stories

### Springvale/Noble Park Christmas break-up

The Christmas break-up was held on 17th December. After our regular track program, the festivities began. As usual, the highlight of the evening was the *Doran Medal*. 2014 was the 25th time the medal has been awarded. It is for excellence in athletics (but there are no guidelines as to what that constitutes) and is voted on by previous winners. For those not familiar with medal, it is named after Tony Doran and was started as a fun thing by his great mates Mick Davin and the late Eric Greaves. It is now an institution.

*The great Doran* makes a majestic entrance, carried in by his courtiers and the votes are then counted in a Brownlow style count which leave Andrew Demetriou efforts for dead. And what a climax to the 2014 count. With one single vote to call, Jack Gubbins and Juan Perez were tied. Would it be a tie? No. One vote Jack Gubbins was the call. The crowd erupted with delight for Jack who has been an excellent athlete for many years completing numerous marathons and triathlons. Now in the twilight of his career he is confined to walking but is very popular at the club. The winner then sits on the great Doran's knee while photos are taken.

We then settled into something a bit more mundane, but nonetheless very enjoyable - eating and drinking. The question is - who will win in 2015. Will Juan Perez go one better.



## Doncaster Doings

As we mentioned in October Footprints, Doncaster Venue is holding Pentathlon competitions on the 3rd Monday of the month. You are invited to attend on February 16th and March 16th.

A Typical Program would be -

7:00 pm men and women long jump.

7:20 men javelin; women warm up for 100 metres

7:30 men javelin; women 100 metres

7:40 men 200 metres; women javelin.

7:50 men discus; women shot put (non pentathletes run 400 metres)

8:00 men discus; women 800 metres



Neville Wilson, Coburg Venue Manager reports : Unfortunately the asphalt has not yet been laid at the Coburg track and as it appears our main contacts are on vacation we haven't been able to get an indication of progress. The best we can do is to undertake to keep you informed each week & hopefully by next week we will be in a better position.

**It is still our hope to hold Neighbours Night on 26/2 & so long as you don't mind the uncertainty we will continue as is.**



## AMA Half Marathon

Four VMA members went to Tassie on January 11 to compete in the AMA Half Marathon. Unfortunately, only two Vics competed but with good results -

Linda Black (W50-54) - 2nd - 2:13:36

Suat Bayram (M60-64) - 5th - 1:41:29

In the Cadbury Marathon, held concurrently

Jane Sturzaker (W60-64) finished 1st in 4:30:41 and Merle Want (W50-54) finished 5th overall in 4:41:08.

Both girls set Tasmanian Open age-group record



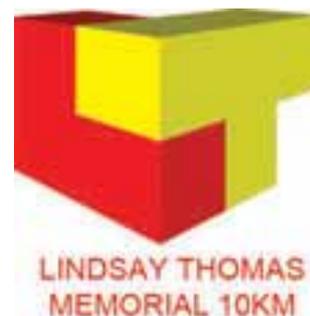
To conserve on land usage, an elementary school in Tiantai, Zhejiang province, built a 200-meter running track on the roof of its school building.

The students of No 2 Elementary School of Tiantai Chicheng district started using the track on Monday. The school has about 1,800 students.

Qiu Tianguo, the school's principal, said the track, on top of a four-story, oval teaching building, provides more than 3,000 square meters of space for students to play and exercise.

## RESULTS - LINDSAY THOMAS MEMORIAL - 10Km RUN

### Springvale/Noble Park Venue



The 23rd running of the Lindsay Thomas memorial at Braeside Park was held on Wednesday 21 January 2015. Quite a warm evening greeted the runners but nowhere like the temperature last year which caused us to defer the event for 2 weeks. The event has become an annual institution for many people with a large number of familiar faces among the very good crowd of competitors, supporters and officials. As always it was great to see Pam Thomas, widow of Lindsay and his sons Andrew and Michael as well as a number of other members of the extended family.

Event numbers have remained almost constant in recent years with 99 entries this year (98 last year). There were 27 in the two lap run, 39 in the one lap run and 33 in the one lap walk. Although the event is advertised as 10 km and 5 km, each lap is approx 5.2 km so clearly you are not short changed in relation to distance. We had representatives from Mentone, Southern Peninsula, Glen Eira, Knox, Croydon, East Burwood, Frankston and Casey. In all there were 50 Masters plus 49 invitees being Thomas family and friends as well as friends and children/grandchildren of Masters. It makes a good mix with the young and the old running/walking together in a friendly environment. Hopefully some of the invitees over 30 may decide to join the Masters.

In the main event (2 laps) Glen Sullivan had a reasonably comfortable victory over Chris Grafen and Col Page though invitee Shane Davin (son of Mick) was second home overall. Disappointingly, only one Master female contested the event, thereby not giving Liz Eastwood, a reasonably regular competitor at Braeside, any competition.

In the 1 lap event Andrew Egginton was clearly first Master home but was beaten to the line in a close finish by Declan Murphy (son of Chris). Shelley Vellin was an easy winner but there was a family quinnella with her mother, Allison Devine taking out second place. Among the walkers, Pam Tindal, who ran the 10km last year, put an end to Heather Carr's dominance of the event. Des Middleton repeated his performance of last year to be the first male home.

#### Results on the night were :

	<i>Male Masters</i>		<i>Female Masters</i>	
10+km run (2 laps)	1. Glen Sullivan	42.30	1. Liz Eastwood	54.39
	2. Chris Grafen	44.16		
	3. Col Page	44.29		
5+km run (1 lap)	1. Andrew Egginton	19.42	1. Shelley Vellin	28.31
	2. Joe Campisi	22.20	2. Allison Devine	33.58
	3. Steve Sellick	23.12	3. Celia Johnson	34.22
5+km walk (1 lap)	1. Des Middleton	34.14	1. Pam Tindal	30.00
	2. Andrew Edwards	34.24	2. Heather Carr	32.20
	3. Peter Ellis	35.12	3. Penny Hall	42.49
10+km run -				
1st 50+ male (unplaced)	Claudio Riga	56.41		
1st 60+ male (unplaced)	Howard Rees	49.16		
10+km run (non master)	1. Shane Davin	43.12	1. Vicki Bergman	56.49
5+km run (non master)	1. Declan Murphy	19.39	1. Michelle Fijan	27.06

Overall another very successful event made possible by the crowd turning up but particularly the helpers from the Springvale venue who showed their usual efficient style. Many thanks to **Superior Foods** for their sponsorship of the event. You can find them at **769 Springvale Road, Mulgrave**. Thanks also to those who brought supper and to those who donated spot prizes. We also thank the **Parks Victoria** rangers for their assistance. As race manager it was gratifying to see a very good crowd turn up and have a number of the venue members pitch in and help run the event. See you all, plus maybe some more, same time (3rd Wednesday of January) next year.

*Alan Bennie*



**Doncaster Masters' Athletics**

# THE MANNINGHAM MILE

**MARCH 23, 2015**

## ON A NEW TRACK SURFACE

An age graded time handicapped race  
open to all athletes affiliated with  
Australian Masters' Athletics controlling bodies,  
*or non-masters' registered runners*  
by 'invitation' on the night.

### COME ALONG AND JOIN IN THE FUN

**WHERE:** Tom Kelly Athletics Track, Doncaster  
**WHEN:** Start time approx 7:30pm  
**COST:** \$10  
**ENTRY:** Forms and details available on the  
Doncaster Masters' Athletics website:  
<http://www.mastersathleticsdoncaster.org.au>

OR contact Graham Ford: [gford@bigpond.net.au](mailto:gford@bigpond.net.au)

***ENTRIES ACCEPTED ON THE NIGHT —PLEASE ARRIVE PRIOR TO  
7:15PM AND REGISTER AT THE ADMIN TABLE***



# 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](http://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](mailto: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



## ANDY SALTER MEMORIAL RELAY



When – **Wednesday, 4th February 2015**

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.

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](mailto: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.....



## AMA Decathlon and Heptathlon Championships 2015

**When:** 28 Feb/1 Mar 2015  
**Where:** Lakeside Athletic Track, Albert Park  
**Entries close:** Thursday 5<sup>th</sup> February 2015  
**Entry Fee:** \$60

The AMA Multi Championship will be held in conjunction with the AV Open and Junior Multi Championships. The event is being co-jointly hosted by VMA and Athletics Victoria.

**DAY ONE:**      **Decathlon -**      100m, Long Jump, Shot Put, High Jump, 400m  
                          **Heptathlon -**      Short Hurdles, High Jump, Shot Put, 200m

**DAY TWO:**      **Decathlon -**      Short Hurdles, Discus, Pole Vault, Javelin, 1500m  
                          **Heptathlon -**      Long Jump, Javelin, 800 m

### ENTRY FORM

Name: \_\_\_\_\_

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

State : \_\_\_\_\_ Post code : \_\_\_\_\_

Age Group \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Contact Phone No: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Payment:**    Money Order;      Cheque:      Visa    Master Card

Cheques and Money Orders payable to VMA Inc

Credit Card: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_



**Send Entry to:**      Victorian Masters Athletics Inc  
                                  AMA Multi Championships  
                                  PO Box 277  
                                  Surrey Hills  
                                  VICTORIA 3127





## VMA MULTI CHAMPIONSHIPS 2015

The VMA Multi Championships will be held at Duncan Mackinnon Athletic Track on the following dates in 2015. Registered AV athletes over 30 are welcome to compete as well as any registered interstate or overseas Masters athlete and will be awarded any appropriate place medal but will not displace a VMA member from a place.

**All VMA entrants must be registered for 2015 and wear their State uniform.**

- T & F Pentathlon:** Sunday 29th March. 11.30 am check-in; 12 noon start
- Throws Pentathlon:** Sunday 22nd March. 10.00 am start for first group. Check with Graeme Rose. Ph. 9836 2350
- Closing dates:** **T & F Pentathlon:** Friday 13th March  
**Throws Pent:** Friday 6th March
- Cost per Multi event: \$10**

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

<b>Events:</b>	<b>Pentathlon:</b>	<b>Women:</b>	100m,	Shot,	LJ,	Javelin,	800m
		<b>Men:</b>	LJ,	Javelin,	200m,	Discus,	1500m
	<b>Throws Pentathlon: All:</b>		Hammer,	Shot,	Discus,	Javelin,	Weight

### 2015 MULTI ENTRY FORM

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

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

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

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

**EVENT**

- THROWS PENT @ \$10**
- T @ F PENT @ \$10**
- LATE FEE PER EVENT @\$10**
- TOTAL ENCLOSED**

**ENTRY FEES**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**METHOD OF PAYMENT**

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

CREDIT CARD PAYMENT  MASTERCARD  VISA

CARD NUMBER \_\_\_\_\_ EXPIRY DATE \_\_\_\_\_

NAME ON CARD \_\_\_\_\_ SIGNATURE \_\_\_\_\_

**Send Entry to:** VMA Multi Championships 2015, PO Box 277, Surrey Hills, 3127

**(To arrive no later than closing date for the appropriate Multi-event.)**

**Volunteers needed:** I am willing to be a volunteer official/helper on 22nd March  and/or the 29th March  for the VMA Multi Championships (tick boxes)



The



## Victorian Masters Athletics Track & Field Championships



**Saturday 14th & Sunday 15th March**  
**Tom Kelly Athletics Track,**  
**George Street, Doncaster.**  
**A.V. Members welcome**

### EVENTS

60m, 100m, 200m, 400m,  
 800m, 1500m, 5000m,  
 Short Hurdles, Long Hurdles,  
 Steeplechase,  
 1500m Walk, 3000m Walk,  
 H.T., S.P., D.T., W.T., J.T., L.J.,  
 H.J., T.J., P.V.

### ENTRY

**Online Entry Only** - through  
 Athletics Victoria Website -  
[www.athsvic.org.au](http://www.athsvic.org.au)

**Entries close - 11.59pm**  
**Sunday 1st March, 2015**  
**AV phone 86464500**



# SAFE LANDINGS

## AN ARTICLE BY RUSS DICKENSON

*Please note when you read this article that I am not advocating that our members change their running styles. We are all built differently and have our own physiques and styles of running. I have tried aspects of this over the last two years and can say I am unsure if I can change or if I want to. Make your own investigations if you are interested and seek advice.*

How do you land when you run ?

Do you land on the heel, the midfoot or the forefoot ?

Most runners would be aware of all the talk in recent years about minimalist running shoes and barefoot running. There are numerous books and articles on both subjects, and advocates of barefoot and forefoot running are offering classes or video tuition to help you in changing your style of running to land on the balls of your feet or midfoot instead of what most of us do - landing on our heels.

Several groups like Pose and Chi will accredit people throughout the world to teach their methods.

If you take the brilliant runners from Kenya and Ethiopia, most of them ran without shoes for all of their childhood and teens. They learnt to land on their forefoot and then continued to do so when they later became elite runners, and started wearing shoes. *And got shoe sponsorships.* If you look at some footage on **You Tube** of the magnificent Tirunesh Dibaba and the equally magnificent Haile Gebrselassie you will see that **they land on the forefoot and then the heel touches down fractionally afterwards.** You may be surprised to see that even Usain Bolt's heels touch down slightly and his landing is pretty much under his body, and not in front as I would have expected. It should be stressed that none of these groups is advocating that we should run on only the balls of our feet as you may in a sprint for instance.

If you tried to run a distance race on the balls of your feet without your foot relaxing and the heel touching down you would most likely get very tired legs or be a candidate for Achilles and Calf problems.

***It must be said that all the proponents of barefoot/forefoot running advocate a series of strengthening exercises to help the body transition to the changed style.***



Tirunesh Dibaba

## Born to Run

In 2009, American Journalist Christopher McDougall published his best selling book *Born to Run*. McDougall found the members of the reclusive Tarahumara Indian tribe in the Mexican Copper Canyons ran ultra distances (over 100 miles) at incredible speeds, without getting the routine injuries of most runners. The Indians ran barefoot or with lightweight sandals, landing exclusively on their forefoot. McDougall adapted his running style to match theirs.

Further, McDougall is very critical of the type of running shoes we all wear saying that the shoes encourage us to run badly with their over padded splayed heels. The other claims of the shoes companies, like having corrective shoes for pronation ( the inward roll of the foot on landing) which many claim is a natural feature of humans who run. This also brings the prescribers and manufacturers of orthotics into the firing line.

It's true that man had been running for hundreds of thousands of years before Nike and Adidas came along but I do vividly remember putting on my first pair of Nikes and how wonderful they felt. I think I had just stopped playing football and cricket and in those days the footwear for those sports had nothing much more than a pair of leather soles, more often than not in the case of football, with nails from the "nail-in" stops digging into your feet.

**BORN TO RUN**  
A Hidden Tribe, Super Athletes,  
and the Greatest Race the World  
Has Never Seen  
**Christopher McDougall**



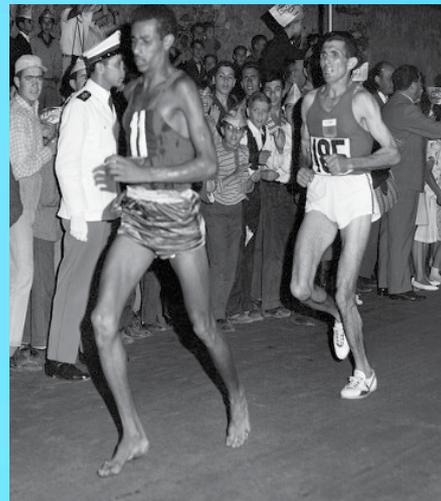
## SAFE LANDINGS - AN ARTICLE BY RUSS DICKENSON

### Barefoot Running

As an adult with aging bones and joints, it would be reckless in the extreme to run barefoot *and land on your heels*. We can all probably remember our childhood holidays at the beach where we didn't wear anything but thongs until we went back to school. Some kids living in the bush probably didn't even wear shoes to school. Running barefoot seemed perfectly natural and once your feet toughened up you could run on almost any surface.

At the 1960 Rome Olympics, Abebe Bikila of Ethiopia not only ran the Marathon in barefeet, but won the race. Zola Budd ran mainly in barefoot, including on the track at the Los Angeles Olympics. Mind you, as with my "footy boots", the road running shoes in Bikila's days left a lot to be desired. People often used to run in Dunlop Volleys.

The promoters of barefoot running all suggest landing on the ball or midfoot, as do the proponents of forefoot running.



### Forefoot Running

All of the groups advocating forefoot running seem to agree that -

- We should land on our forefoot/midfoot
- Our body should be in alignment directly above our landing foot
- We overstride when we land on our heels
- To compensate for a shorter stride we need to increase our cadence. 180 strides per minute (or 90 on each leg) seems to be recommended.
- We should concentrate on the idea of picking up our foot towards our buttock rather than driving our knee forward.
- We need to fall forward with each stride.



### Pose Running

This style was developed by Russian Sports Scientist Dr. Nicholas Romanov. Pose refers a position where your landing foot, hips, body and head are all in alignment. At the landing point, you should be able to draw a forward leaning line through all of these. Pose advocates falling forward with each step and lifting your foot towards your buttocks rather than driving your knee forward. One drill is to have someone put their hands on your chest as you fall towards them while in "the Pose".



### Chi Running

Chi - as in Tai Chi - was developed and based on improving posture, reducing the strain on muscles and focusing on the mental aspects of performing. Apart from elements of this style being derived from Tai Chi and the emphasis on good posture, it is hard to differentiate this from Pose running.

### Keith Bateman Coaching

Espousing a similar message, but from our shores and with the personal results to back it up, is Sydney's Keith Bateman. You should remember Keith from his string of M55 World Records set a few years ago and his thumping wins in 4 events at the Sacramento World Championships in 2011. (Footprints - December 2010)

Keith is a passionate advocate of barefoot training and wearing minimalist shoes to strengthen our feet and develop a more efficient technique. His belief is that most of us "overstride". He holds training sessions for small groups in Sydney and has a book on his methods called "Older yet Faster".



## **SAFE LANDINGS - AN ARTICLE BY RUSS DICKENSON**

The book is written in conjunction with Podiatrist Heidi Jones who gives strengthening exercises to help adapt to the changes.

*Older Yet Faster* is available from Keith's website where you can buy the book for \$25 plus \$5 postage or buy a PDF copy for only \$10.

### **The New Shoes.**

#### **Nike Free**

These come in a myriad of variations with 3 main grades of protection so you can gradually work down to a less padded shoe. Of course, you have to buy a lot of shoes to do so. Most shoe manufacturers now offer a minimalist shoe of some type.



*Nike Free*

*Vibram Five Fingers*



#### **Vibram Five Fingers**

These are a glove like lightly soled shoe that was devised initially for yachtsmen and canoeists, they have developed into the shoe of choice for barefoot enthusiasts. Alan Murray and Janette Murray-Wakelin who famously ran around Australia doing 365 consecutive marathons in as many days wore Vibram Five Fingers every day. Even though they may have been shuffling along very slowly, it is amazing that they could do it in a minimalist shoe.

Vibram has recently lost a Court case in the U.S. for making extravagant claims about the benefits of wearing their product. It appears they may have to make a refund to everyone who bought their shoes since 2009.

#### **You Tube Links -**

Tirunesh Dibaba [www.youtube.com/watch?v=qJcdxSPFWpE](http://www.youtube.com/watch?v=qJcdxSPFWpE)

Haile Gebrassellase [www.youtube.com/watch?v=Y41U9fms58A](http://www.youtube.com/watch?v=Y41U9fms58A)

Usain Bolt [www.youtube.com/watch?v=4fjC10im0UQ](http://www.youtube.com/watch?v=4fjC10im0UQ)



Alan Murray and Janette Murray-Wakelin

### **Brazilian Athlete Banned for Life**

A Brazilian Masters athlete Francisco do Carmo de Oliveira has been banned for Life from competing in any "Masters Sport" and belonging to any sports institution. WMA has acknowledged this decision.

Francisco do Carmo de Oliveira' had falsified his passport and driving licence to show himself 10 years older than he was, (08 / 06/1927) and had been competing in masters athletics and other events for 11 years in the incorrect age groups. He had refused to give to the hearing panel the correct information of his details.

The panel found him guilty and banned him for all events and associations. He was to return all trophies and medal gained in the period of his cheating.



# WORLD MASTERS TRACK & FIELD CHAMPS

## Online Sports Tours

### Lyon France. 4-16 August 2015

A great destination, excellent facilities and accommodation. Pre & Post Champs Tours.

**FLIGHT & ACCOMMODATION COST** not including transfers or 1.65 euro city tax per day. The accommodation I have arranged is of 3 types of suites, all recently built. Breakfast is included and there is an onsite restaurant as part of the complex.

Prices include Airfares ex AKL, BNE, SYD, MEL, ADL & PER to Lyon return and 14 nights accommodation, B&B share twin or double. **All per person are from**

<b>1/ Lounge/kitchen with separate bedroom.</b>	<b>4 Star Suite</b>	<b>A\$3695.</b>	<b>NZ\$4325.</b>
<b>2/ Studio with kitchen -</b>	<b>4 Star</b>	<b>A\$3568.</b>	<b>NZ\$4185.</b>
<b>3/ Similar design studio with kitchen -</b>	<b>3 Star</b>	<b>A\$3435.</b>	<b>NZ\$4045.</b>

**DUBAI STOPOVER - 2 nights, B&B transfers & Sundowner Dune Safari or similar \$300**

**Hotel Deposit is \$400 per person refundable prior to 30 April 2015.**

**To get the best price airfare price they need to be paid on booking.**



*Lyon 4\* Suite with separate bedroom*

All Units have 2 hotplates, microwave, electric jug, fridge, safe, wifi, crockery, cutlery and pots & frypan. Plenty of cupboards and wardrobe space. There is free internet in the foyer.

Fitness room but no swimming pool.

The supermarket, 2 restaurants and Metro are only 5 min walk away. Five minutes on the Metro and dozens of restaurants are to be found.

### Getting around Lyon and to the Sporting Venues

The public transport system has the Underground Metro, Tram lines and buses. There will probably be free transport, talks with local government have been positive. The April 2014 elections have resulted in a change of Local Government so nothing guaranteed. Cost for a day pass is 5.2euro which covers all transport, hopefully this will be free for participants.

**Number 1 Track.** Registration is now at **La Duchere Track**. Line D to Venissieux Station . Rhone Stadium is on the Metro network, there is one change to the main track Line B to Line D to Parilly, opposite direction to La Duchere, the trains come every 3 minutes and approx 15 min to the track. The metro has a stop 200m from the track. Apart from the 8 lane track there is a 200m straight track that was put in for wheelchair races. Race Walks and Cross Country, close to the stadium at Parilly.

**Number 2 Track - Stadium Pierre Duboeuf** is a similar distance from the accommodation but has a 15 min walk. This is a 6 lane, blue track 2 years old with a large stand.

Shuttle buses will be available between the tracks.

There are excellent throwing and jumping facilities at both tracks.

## WORLD MASTERS TRACK & FIELD CHAMPS - Online Sports Tours

The **Cross Country and Road Walks** will be held in beautiful Parilly Park, north of the city, trees everywhere, so well shaded. The Metro has a stop 500m from the park and is on the direct line B from the metro stop near the accommodation. The **Marathon and Half Marathon** will be held in the main UNESCO World Heritage listed City of Lyon.

### Options before Lyon.

Those doing British Champs & tour to Ireland will leave on the 20th July those going direct to Lyon will depart on the 29th July arrive 1st August. The opening Ceremony Womens Cross country, heptathlon & mens decathlon are on the 4th August

Those on Emirates can have a stopover in Dubai for 2 nights.

Airlines for cost savers are British Airways & Malaysian

### Dubai Stopover

**Monday 20th July. Depart AKL, CHC, MEL, SYD, BNE, ADL & PER in afternoon or evening Tuesday 21 July.** Arrive In Dubai at between 5 & 6.00am. Coach to Towers Rotana hotel or similar. A free day to relax or do a City of Merchants tour.



### **Wednesday 22 July.**

Sundowner Dune Dinner Safari. A great evening out - four-wheel drive vehicles, for a thrilling journey over rolling dunes through the Dubai Desert. Relax on comfortable low cushions in Bedu tents and quench your thirst, have your hands painted with intricate henna designs, experience a short camel ride, or just enjoy the aromatic shisha. A feast of grilled meats, fresh salads and delectable Arab sweets is served, you will be entertained by the bewitching belly dancer swaying to the haunting strains of Arabian music. Quite a rugged ride up and down the sand dunes. Not recommended for bad backs, dicky hearts or pregnant ladies. Participants must sign a liability waver.

### **BRITISH CHAMPS & IRELAND TOUR 11 NIGHTS.**

#### **Thursday 23rd July. Arrive in Birmingham**

**23-27 July. Aston University Hotel** with breakfast. Bus service direct to the stadium close by.

#### **Friday 24th. Free day**

#### **Saturday 25th & Sunday 26th - British Masters Champs**

**Monday 27 July.** Flight to Dublin depart 8:00am arrive 9:00am. Coach to Waterford 90 min drive + stops.

Lunch at Waterford then Factory tour of **Waterford Crystal Factory**. Vikings settled Waterford in 914. Coach to Cork.

#### **27-29 July. Clarion Hotel. Dinner incl. first night**

**Tuesday 28th July.** Visit Blarney Castle and kiss the Blarney stone.

**Wednesday 29th July.** We will do a day trip around the Ring of Kerry then on to Killarney

**29-31 July.** 2 nights Killarney Plaza hotel. Dinner incl. First night.

## WORLD MASTERS TRACK & FIELD CHAMPS - Online Sports Tours

**Thursday 30th July.** Visit Bunratty Castle.

**Friday 31st July. Coach to Dublin** 9:30am. We stay at Trinity College Goldsmith Apartments in the centre of Dublin 2 nights. Breakfast included. There is a grass track at the university.

**Saturday 2nd August. Direct 2hr flight to Lyon.** 1:00pm departure

**Cost** Share twin B&B and 2 group dinners, Waterford Crystal Tour, Blarney Castle,

**A\$ 1745 NZ\$1980** not including flights Birmingham to Dublin to Lyon or transfers.

**Birmingham to Dublin quotes \$160. Dublin to Lyon \$300.**

### CANAL CRUISE AFTER THE CHAMPS

Air con, kitchen 3 double cabins with ensuite and a single. Self drive. Not expensive for a week. Pick up the boats at Narbonne and finish at Trebes.



Mediaeval Carcassonne

**Monday 17th to Sunday 23rd August.** Each boat to organise own food kitty according to their tastes. Not included. We will stop at a Supermarket en-route. **We board our barge at 3pm and receive our driving instructions. As we will have a number of canal boats, Captains will be selected for each one, they are self drive. The boats are easy to operate and are insured, so everyone can have a turn,** most Kiwis and Aussies have some boating experience and we do not experience problems. We stop each day when and where we choose.

Canal boats cost at the moment looks like about **A\$950** per person covers fuel, insurance, one way charge. Optional extras, - have 2 bikes on board cost \$120. - theft insurance cover is \$10 per bike. Wi/fi is \$7.50 a day, we may be able to share if boats are close together. If the boats are not left spick & span there is a \$200 cleaning charge. All extras are per boat. **Deposit \$400 per person.**

**Magnifique Canal Boat 14.5m La Redorte**, 30km from Carcassonne is a village in the centre of the Minervois, well known for its wine cellars, summer fairs and sports evenings. All shops and services available. Not far away at Minerve.

Homps is a larger village with all facilities. At Chateau de Ventenac the vaulted cellar for tasting and sales is a must as well as its vine and wine museum. Le Somail has several restaurants, and a shop boat where we can get croissants, bread and grocery items, if it is open!! We should soon become expert at passing through the locks which are open from 9am to 12 and 1pm to 7pm. Capestang and Narbonne both have great charm with the facilities of a larger town. Each self driven launch can accommodate 7 people. After the canals, coach or fly to Paris with option of a three day stay before flying home or do the 12 day Mediterranean Cruise.



## WORLD MASTERS TRACK & FIELD CHAMPS - Online Sports Tours

### MEDITERRANEAN CRUISES

We have a 12 day cruise departing **Barcelona** on the **20th August** visiting Cannes, Florence/Pisa, Rome, Athens, Ephesus(Turkey) Santorini, Salerno (Italy) and back to **Barcelona**. Bus from Lyon to Barcelona and spend 3 nights in this great city before embarking.

**Cost estimates for both cruises include port charges and includes all meals.**

**Inside Cabin A\$2100 per person. Outside Cabin A\$2300. Balcony Cabin A\$3120.**

We also have a 12 day cruise departing **Barcelona** on the **25 August**. The canal cruise finishes on the 24 Aug so we have a night in Barcelona before embarking. Stops are Toulon, Florence, Rome, Naples (Capri), Mykonos, Istanbul, Ephesus/ Kusadasi (Turkey) Athens, Venice, .

**Cost estimates.**

**Inside Cabin A\$2500 per person. Outside Cabin A\$2865. Balcony \$3120.**

### DAY TRIPS FROM LYON - arranged on the two free days during the champs,

**Saturday 8th August** - Coach to **Perouge** and visit a winery. **Cost A\$56 (NZ\$60)**

**Thursday 13th August** - Coach to **Chamonix & cable car to Aiguille du Midi climbing to 3777m on Mt Blanc**. From Aiguille du Midi and it's terraces you have 360 degree views of the French Italian & Swiss Alps. There is a restaurant. A lift can take you to the summit terrace at 3842m where you get a clear view of Mt Blanc. *Take very warm clothing.* **A\$142, (NZ\$150)**



Chamonix from the cable car to Aiguille du Midi



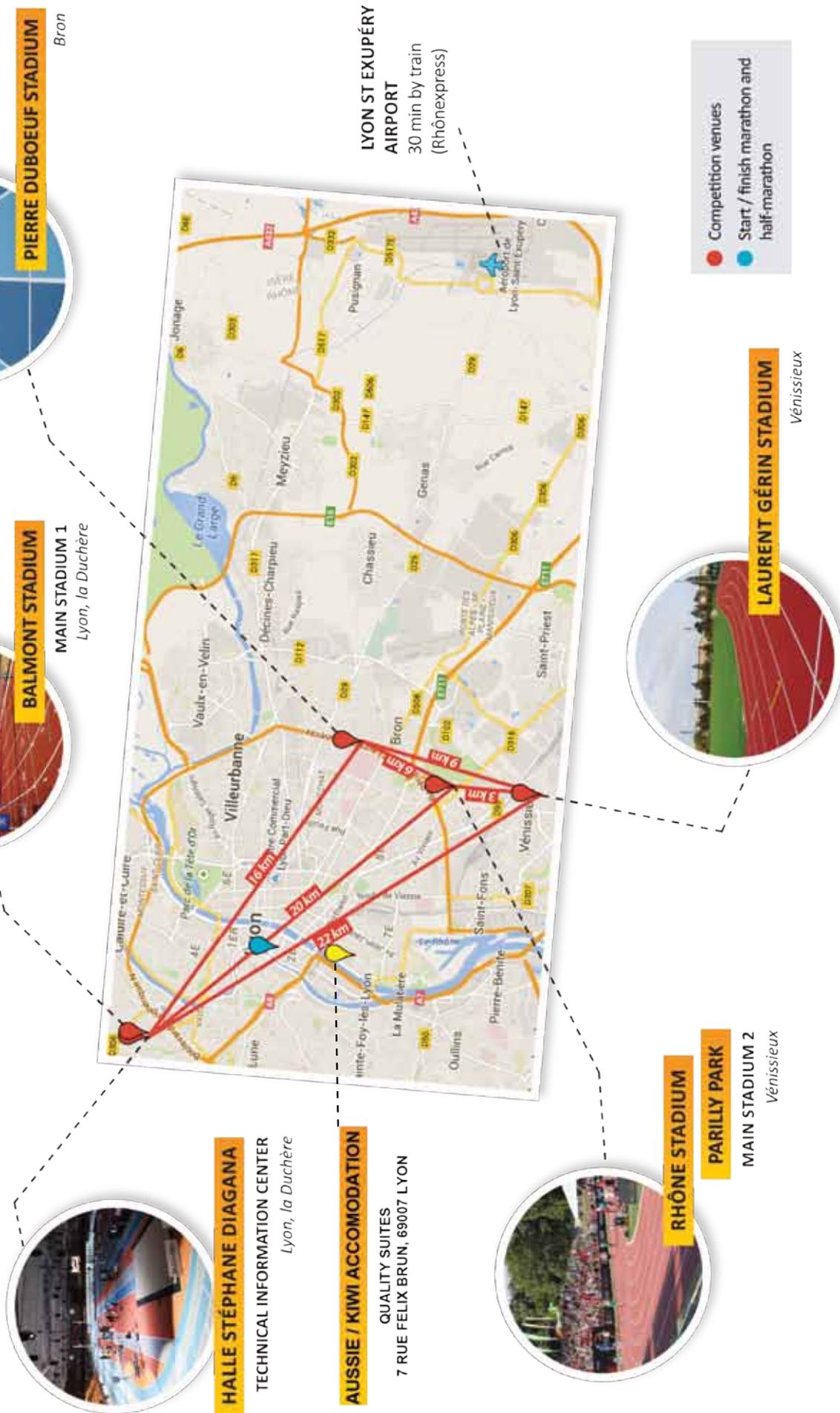
Perouge.

Contact **Roy Skuse** to get your name on the list for regular updates.

**Online Sports Tours.** PO Box 57. Gisborne. New Zealand.

email - [roy@netfares.co.nz](mailto:roy@netfares.co.nz) [www.onlinesportstours.co.nz](http://www.onlinesportstours.co.nz)

# STADIA



**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 Records:

W70	3000m	Lavinia Petrie	VIC	12:52.03	102.3%	18-11-14	Bendigo
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### Australian Records:

W40	10k bush	Belinda Martin	NSW	34:50	89.2%	3-5-14	SOPAC Home-
W40	3000m bush	Belinda Martin	NSW	9:36.67	91.0%	8-11-14	SOPAC Home-
M90	100m	Jim Sinclair	VIC	19.80s	85.9%	18-11-14	Bendigo
W35	60m	Wendy Seegers	WA	7.75s	90.4%	28-11-14	Perth
M45	Pole Vault	Rob Hill	QLD	4.45m	85.5%	20-12-14	SAF Nathan
M50	Triple Jump	Nick Hodgson	VIC	12.94m	87.1%	10-1-15	Geelong

### Victorian Records:

W45	3k Walk	Michelle Laufer		14:49.4	84.5%	23-11-14	Aberfeldie
W45	3k Walk	Michelle Laufer		14:47.7	84.6%	6-12-14	Doncaster
W45	2k Walk	Michelle Laufer		9:28.39	-	14-12-14	Albert Park
M45	4x100m Relay	Paul Skipper Peter Neale John Schuijers Chris Boylen		50.45s	-	6-12-14	Doncaster
M45	4x200m Relay	John Schuijers Paul Skipper Peter Neale Andrew Evans		1:46.29	-	16-12-14	Doncaster

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



# 2015 Australian Masters Athletics Championships



Friday 03 – Monday 06 April  
The Crest Athletics Track, McClean St, Bass Hill (Bankstown)

## OFFICIAL ENTRY FORM

(On-line entry is available from November 1<sup>st</sup>, 2014 at <http://www.nswmastersathletics.org.au/>)  
**(ENTRIES CLOSE AT MIDNIGHT ON FRIDAY MARCH 7<sup>TH</sup>, 2015 – Late entries will NOT be accepted)**

### Your Details

To enter you must be a financial member of a registered Australian State or overseas Masters Association.  
Please circle your association.

ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Overseas
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Last Name: \_\_\_\_\_ Given Name(s): \_\_\_\_\_

Age on 03/04/15: \_\_\_\_\_ Gender: **M / F** Date of Birth: \_\_\_\_\_

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

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ PC: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Proof of Age and Registration** must accompany this entry form for all **non-Australian** registered athletes.

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

I absolutely relieve NSW Masters Athletics Inc (NSWMA), Australian Masters Athletics Inc. (AMA) and all other parties in any way involved in the conduct of the AMA National 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 authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this event.

I have read all the attached conditions and information concerning the AMA National Championships. I understand these conditions and agree to abide by the decisions of NSWMA, AMA and its officials.

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Entry Fees

<b>AMA and NSWMA Administration Fee</b>			\$ 60.00
<b>Event Fees</b>	No. of events entered	<input type="text"/> @ \$10 per event	Total: \$ <input type="text"/>
<b>Awards Dinner</b>	No. of guests attending	<input type="text"/> @ \$55 per guest	Total: \$ <input type="text"/>
<b>Results Booklet</b>	No. of copies	<input type="text"/> @ \$10 per book	Total: \$ <input type="text"/>
<b>Total Payable</b>			\$ <input type="text"/>

**N.B. Paper entries will not be handled by NSWMA.**

Please return this form with payment to the  
Secretary of your State Masters Association for processing.

### Event Entries

Mark with 'X'	Event	Eligible Age Groups	Day of Event	Best Recent Performance
	60m	All	Fri	
	100m	All	Fri	
	200m	All	Sat	
	400m	All	Sat/Sun	
	800m	All	Fri	
	1500m	All	Sat	
	5000m	All	Sun	
	10000m	All	Fri	
	2000m Steeple	M60+ W30+	Sat	
	3000m Steeple	M30-59	Sat	
	80m Hurdles	M70+ W40+	Sat	
	100m Hurdles	M50-69 W30-39	Sat	
	110m Hurdles	M30-49	Sat	
	200m Hurdles	W70+, M80+	Sun	
	300m Hurdles	M60-79, W50-69	Sun	
	400m Hurdles	M30 -59 W30-49	Sun	

Mark with 'X'	Event	Eligible Age Groups	Day of Event	Best Recent Performance
	1500m Walk	All	Fri	
	5000m Walk	All	Sat	
	10km Road Walk	All	Mon	
	8km Cross Country	All	Mon	
	High Jump	All	Sat	
	Long Jump	All	Fri	
	Triple Jump	All	Sun	
	Pole Vault	All	Sun	
	Shot Put	All	Fri	
	Discus Throw	All	Sat	
	Javelin Throw	All	Sat	
	Hammer Throw	All	Fri	
	Weight Throw	All	Mon	
	Throws Pentathlon	All	Sun	
	Outdoor Pentathlon	All	Mon	

All events are open to both men and women of all age groups. Best recent performances are required only for events where shown.

### Further Participation

I am able to officiate at the 2015 AMA Nationals.

Y / N

Area of Officiating experience or qualifications:

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Another member of my party is able to officiate at the 2015 AMA Nationals.

Y / N

Name of Volunteer:

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Area of Officiating experience or qualifications:

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### Important Information & Conditions

#### Uniforms

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

#### Refunds

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

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

#### Drug Testing

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

#### Privacy Statement

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

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

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

#### Confirmation of Entries

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

A program of events will be supplied to all entrants.

Competition packs will be available at Registration at The Crest Athletic Centre from 12noon on Thursday 02 April 2015.

#### Registration

All athletes are required to register their arrival and collect a competition pack prior to competing. This can be done at the Registration Room at The Crest Athletic Centre from 12noon on Thursday 02 April 2015.

#### 2015 AMA Awards Dinner

This will be held at Bankstown Sports Club on the evening of Sunday April 5<sup>th</sup>. The cost is \$50 per person.

## AUSTRALIAN MASTERS ATHLETICS Inc.



### INFORMATION FOR 2015 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

#### LYON – FRANCE

4<sup>th</sup> August to 16<sup>th</sup> August 2015

[www.wma2015.org](http://www.wma2015.org)

#### VERIFICATION OF ENTRIES FOR INTERNATIONAL COMPETITION

Entries for the 2015 World Masters Athletics Championships in Lyon, France can now be completed in either of two ways:

- ONLINE ENTRY – ( preferred option by the Lyon LOC)
- Or by paper form posted to AMA International Entries Clerk for validation and entry

#### Online Entries

Athletes who enter online DO NOT need to submit a paper entry form to AMA. These registrations will be checked by Australian Masters Athletics and they will be accepted if the athlete is a financial member of a State/Territory Masters Athletic Club or declined if not a financial member. Date of birth verification may be required by AMA for online entrants if they have not previously provided this information to AMA for a WMA championship event. Online entries close on 2<sup>nd</sup> June 2015

**Note:** The AMA administration fee of \$45-00 (30 euro) will be included in the online entry process so there is no need to send this separately to AMA.

#### Paper Entries

Entry forms are available on the WMA website or can be obtained from Judy Cooper, AMA International Entries Clerk. [jvcoop@bigpond.com](mailto:jvcoop@bigpond.com). These entries must be sent to Judy who will validate financial membership to AMA member and then enter the athlete on-line. Documents required with the completed official entry form must include proof of age (i.e. a photocopy of the athlete's birth certificate or passport) together with the required AMA administration fee.

Paper entries must reach the AMA Entries Clerk, Judy Cooper on or preferably before **11<sup>th</sup> May 2015**.

Paper entries are to be forwarded to:

**Judy Cooper, AMA International Entries Clerk**  
**22 Marina Boulevard, Banksia Beach, Bribie Island 4507**

phone: 07 3408 7933, mobile : 0439 766 402 , email: [jvcoop@bigpond.com](mailto:jvcoop@bigpond.com)

**AMA Administration Fee:** Australian Masters Athletics charges an administration fee of \$45.00 for each entrant. This fee goes towards the costs of sending two Team Managers to Lyon. This fee is included in as part of the ON LINE entry process.

#### VISA:

**A French tourist visa is not required for Australian citizens for a stay of 90 days or less.**

#### Athlete Information

Online entries close **2<sup>nd</sup> June 2015 for Lyon**. A Government issued photo ID or Passport will be required for collecting your registration packet in Lyon.

#### TRAVEL AND ACCOMMODATION:

Once again, Online Sports Tours, managed by Roy Skuse, has been appointed the AMA official Travel agent. Contact Roy for information re flights, tours and accommodation. Online Sports Tours are providing sponsorship to AMA towards the team managers' travel and accommodation costs.

Roy has also been a master's athlete for many years. Contact details are:

#### Roy Skuse

ONLINE SPORTS TOURS

Ph. (64-6) 8687700, Fax. (64-6) 8678366

PO Box 57, Gisborne 4040 New Zealand

[www.onlinesportstours.co.nz](http://www.onlinesportstours.co.nz) ; (e) [roy@netfares.co.nz](mailto:roy@netfares.co.nz)

**INFORMATION FOR 2015 WORLD MASTERS ATHLETICS CHAMPIONSHIPS - continued**

**AUSTRALIAN UNIFORMS:** It is **compulsory** for competitors to wear the uniform of their country when competing in an international event and for Australian competitors, the past uniform and the current version will be recognized as the required uniform. Compression garments can be worn **under** your Australian uniform.

View Australian uniforms via the AMA website at [www.australianmastersathletics.org.au/uniforms.html](http://www.australianmastersathletics.org.au/uniforms.html) or they can be purchased by contacting uniform coordinator Hazel McDonnell, 102 Kangaroo Avenue Bongaree 4057

(ph: 07 3410 1360 (h), 0408 172 283 (M), email [merchandise@australianmastersathletics.org.au](mailto:merchandise@australianmastersathletics.org.au) .

Place your order at least two months prior to departure to ensure delivery.

**RELAY TEAMS:** To assist selection, please indicate your interest in competing in the relay teams on the information form that will be sent to you after you have entered. . Relay teams will be chosen with the national interest in mind and selection criteria is available on the AMA website or from your club secretary.

**TEAM MANAGERS:** The AMA Board has appointed two team managers to coordinate the team, manage athletic activities, assist athletes dealing with unexpected emergencies, handle issues such as protests, attend daily briefing meetings at Lyon and keep athletes up to date with any changes to the program. The administration fees paid by athletes and sponsorship from Online Sports Tours meet the majority of travel and accommodation costs of the Team Managers.

**PAYMENT OF ADMINISTRATION FEE FOR PAPER ENTRIES**

For athletes NOT entering online, Australian Masters Athletics and all other competing countries are required to submit hard copy entries verified by the National Association together with a bulk payment of entry fees.

AMA Entries Clerk (Judy Cooper) is responsible for paper entries.

These competitors are asked to forward just ONE payment in Australian dollars (AUD) to AMA to cover all fees required

**Payment of entry costs**

A conversion rate for payment of hard copy entry costs has been set at

**one Euro to 1.44 Australian Dollars .**

Your payment to AMA will therefore need to be the amount of your entry fees PLUS the AMA administration fee of \$45.00 to cover costs for team managers and administration expenses.

Example:	Total WMA entry fees	in EURO	260 Euro
	\$45.00	in AUD	\$ 45.00
	Total payment to AMA	in AUS	\$ 419.16 (\$45 + ( 260 x 1.44) )

Please make cheques or money orders payable to **Australian Masters Athletics Inc.**

Credit card payment is NOT available as AMA has no credit card facility.

**REMINDER: WMA ANTI-DOPING REQUIREMENTS**

Athletes are reminded that WMA strictly observes the IAAF Anti-Doping Rules. This means that a medical certificate explaining the use by an athlete of a prohibited substance, even for sound medical reasons, will not avail in the event of an athlete testing positive to a prohibited substance. The only exception is if the athlete is in possession of a Therapeutic Use Certificate ("TUE") issued to him/her either by the WMA Medical Officer or the assigned body provided for in IAAF Rule 34(5). For athletes wishing to apply for a TUE, written applications are to be submitted to the WMA Oceania regional Medical Officer

**DR ROGER PARRISH                      17 Brentwood Avenue, Figtree Heights NSW 2525**

Ph: 02-4275-1800 W 02 4228 6260 H or Mobile: 0418 470 244 E-mail: [roger@parag.com.au](mailto:roger@parag.com.au)

All such applications are to be fully supported by medical documentation setting out the existing medical condition/s and the need for the use of the prohibited substance. The provisions of IAAF Rule 34(5) must be followed irrespective of to whomever the athlete submits the TUE application. It should be noted that a TUE approval only lasts for a period of 12 months. A longer time period (up to 4 years) can be applied for if the treatment is ongoing.

Check also the WADA (World Anti-Doping Agency) website for the full list of prohibited substances.

# VICTORIAN MASTERS ATHLETICS 2015 MEMBERSHIP FORM



NAME

ADDRESS

SUBURB  POSTCODE  DATE OF BIRTH

TELEPHONE  MOBILE

EMAIL  @  .  .

VMA VENUE ATTENDING  WOULD YOU LIKE TO RECEIVE THE VMA NEWSLETTER BY EMAIL?

OCCUPATION OR AREA OF EXPERTISE

APPLICANT'S SIGNATURE  DATE

Please tick the category you are applying in. (see following explanation of categories)

	Sub to 31/12/14	from 1/1/15
<b>Renewals -</b>		
( ) Member's subscription	\$35	\$45
( ) Two members residing at the same address	\$55	\$75
( ) Life Members		free
( ) Renewing 80+ (if immed. 5 consecutive years prev.)		free
( ) Venue Volunteer (non competing)		free
<b>Lapsed Members -</b>		
( ) Individual fees	\$45	\$45.
( ) Two members residing at the same address	\$75	\$75
<b>Associate Members</b>		
( ) Subscription	\$20	\$20
<b>New Members</b>		
( ) Individuals	\$45	\$45
( ) Two members residing at the same address	\$75	\$75
( ) AV Members	\$35	\$35

**PAYMENT** - Please make cheques or money orders payable to VMA and send to the Subscription Secretary – Astrid Rose, PO Box 277, Surrey Hills, 3127. (Ph. 9836 2350).

Credit Card - Visa ( ) Mastercard ( ) Card No.

Expiry Date  Name on Card  Signature

## DISCLAIMER

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2015. I absolutely relieve Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by the Association.

Signed

## VMA PRIVACY STATEMENT

Personal information collected by the Association for registration purposes will not be passed to third parties except those sporting bodies with which the Association is affiliated for the purposes of registering the member with that body. Any member may at any time check their personal details as held by the Association.

## UNIFORMS & ASSOCIATED MERCHANDISE

For information on VMA uniforms contact Graham Philpott Ph. 9568 0495 Note: The regulation uniform must be worn for all championship events.

## Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
<b>Aberfeldie</b>	John Dean	3 Pearl Street Essendon West 3040 jkdeano@hotmail.com	9337 7179
<b>Casey</b>	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
<b>Coburg</b>	Neville Wilson	11 Prospect Road, Rosanna 3084 nlw@melbpc.org.au	9459 7827
<b>Collingwood</b>	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
<b>Croydon</b>	Pam Tindal	9 Yallabee Way, Croydon martynti@bigpond.net.au	9723 3271 0416 006 583
	Karen Archer	quinarcher@aapt.net.au	0414 701 772
<b>Doncaster</b>	Greg Champion	champs@gregchampion.com.au	9439 7460
	Ange Champion	ange.champion@yahoo.com	
<b>East Burwood</b>	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
<b>Frankston</b>	John Hallo	thehallos@optusnet.com.au	5975 6866
	Graham Kilfoyle		0421 707 788
<b>Geelong</b>	Alan Jenkins	171 Hope Street, Geelong West ajenkins@dow.com	5221 7468 0419 314 568
<b>Glen Eira</b>	Andrew Edwards	33 Chapel Road Moorabbin Vic 3189 Leedsfan2@optusnet.com	9555 4226
	Judy Wines	judywines@bigpond.com	9885 4904
<b>Knox</b>	Lavinia Petrie	12 Jeannette Maree Court, Kilsyth 3137 ljpetrie@alphalink.com.au	9728 3929
	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
<b>Mentone</b>	Ted McCoy	24 Blackwood Avenue, Mentone 3194	9583 3280
	Ashley Page	14/102B Country Club Drive, Safety Beach Vic 3936 apa16161@bigpond.net.au	0448 866 025
<b>Southern Peninsula</b>	Meredith Radford	31 Muirfield Avenue Fingal 3939	5988 6221
	Alan Radford	radfordguns@sctelco.net.au	
	John Sutton	15 Roblyn Crescent, Tootgarook 3941 jsutton2@optusnet.com.au	5985 9017
	Greg Lovejoy		5982 0449
<b>Springvale/ Noble Park</b>	Alan Bennie	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
	Anthony Doran	anthonyjdoran@y7mail.com	9547 7320
<b>Throwers</b>	Graeme Rose	71 Union Road, Surrey Hills 3127 grarose@yahoo.com	9836 2350
	Ken Priestley	knjoy@bigpond.net.au	0417 134 601

## Victorian Masters Athletics Inc.

### Venues

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

## Victorian Masters Athletics Inc.

<b>President</b>	Russ Oakley	9720 8835	12 Danielle Crescent, Heathmont 3135 oakanru@bigpond.com
<b>Vice President</b>	Tony Bradford	9749 2248	6 Merrett Ave., Hoppers Crossing 3029 anthonybradford@bigpond.com
<b>Secretary</b>	Phil Urquhart	9572-0805 0419357823	21 Holywood Grove, Carnegie runphil@bigpond.com
<b>Asst Secretary</b>	Chris Murphy	9547 6324	32 Hilton Avenue, Springvale 3171 czm@stbedes.catholic.edu.au
<b>Treasurer</b>	Andrew Edwards	95554226	33 Chapel Road Moorabbin Vic 3189 Leedsfan2@optusnet.com
<b>Club Captain</b>	Lavinia Petrie	9728 3929	12 Jeanette Marie Court Kilsyth 3137 ljpetrie@alphalink.com.au
<b>Committee</b>	Graeme Rose	9836 2350	71 Union Road, Surrey Hills 3127 grarose@yahoo.com
	Andrew Edwards	95554226	33 Chapel Road Moorabbin Vic 3189 Leedsfan2@optusnet.com
	Shane Draper		c/o Aberfeldie Venue
<b>Past President</b>	Rob Waters	9318 3802	5 Bellevue Court, Maribyrnong 3032
<b>Hon. Auditor</b>	David McConnell	9849 0680	36 Shannon Street, Box Hill North davidmcconnell@optusnet.com.au
<b>VMA Team in AV</b>	David Sheehan	95681061 0448 213200	PO Box 539, Gembrook 3783 midget32@hotmail.com
<b>Webmaster</b>	Ralph Bennett		vicvets@yahoo.com.au
<b>Uniforms</b>	Ewen Wilson	9529 5260 0423 424185	11 Cyril Street, Windsor 3181 ewen.wilson@optusnet.com.au
<b>Subscriptions</b>	Astrid Rose	9836-2350	grarose@yahoo.com
<b>Records Officer</b>	Clyde Riddoch	9363 2515	14 Joan Street, Sunshine West 3020 clyderiddoch@msn.com
<b>Footprints Editor</b>	Russ Dickenson	9870 8103 0418333569	4 Braewood Ave., Ringwood East 3135 dicko@inet.net.au
<b>Around The Grounds</b>	Judy & Ken Walters	9753 5661	7 Waters Ave. U. F. Gully 3156 jandkwalters@bigpond.com
<b>Throwers' Group</b>	Graeme Rose	9836 2350	grarose@yahoo.com
<b>Mailing Officer</b>	Russ Dickenson	9870 8103 0418333569	4 Braewood Ave., Ringwood East 3135 dicko@inet.net.au