



Now, here's my favorite shot from the AMA Championships - Rachel Little "photobombs" Michelle Hossack and Donna Burgess.

## ALL THE RESULTS FROM AMA CHAMPS IN SYDNEY



## BROWNE SHIELD PROGRESS RESULTS

## VMA LEGEND GWEN DAVIDSON

## ARTICLE ASTRID ROSE

## Editorial

Another National Championship is over and we had some really good results from a very strong Victorian team.

I haven't received a medal tally yet, but I think we did exceptionally well for our numbers.

I've learnt a thing or two from going to the supermarket and I've put the results from the Nationals down the back like they do with the milk. So you'll have to walk past the promotional flyers for the Eric Greaves 10k and the Princes Park 10 Miler and I hope you'll decide to enter on impulse. (They are entry on the day). This year the 10 Miler will be a quieter affair without Mick Malthouse screaming at the Blues players at training as you run past.

A few changes at Committee level with Mike Rennie joining, and between him and Shane Draper, lowering the average Committee age considerably. I've also finally joined the Committee and in doing so lowered the average IQ by a similar amount.

Mike Rennie is helping us to revamp our presence in "social media" as we know how important it is to have a flow between our website and Facebook with results and photos getting up quickly. We have largely ignored Twitter until now but we intend to correct that. It does mean that at the moment our website is "under construction" so please be patient. You can always ring Phil Urquhart or me if you need some urgent information that you can't find.

At this stage we should thank Ralph Bennett for the work he has done on the website over the years. Most of you wouldn't know that at the same time Ralph has also done a power of work for the Victorian Race Walking Club as Treasurer and has set up their chip timing and online entry system. Busy Man. I can now understand why New Zealand wasn't invaded while Ralph was in their Army.

Before our August edition, many of our athletes will have set off for Lyon for the World's and what an exciting thing that will be. Good luck to everyone who is going. Plenty of Gateaus for Gold Medal winners, Souffles for silver, Baguettes for Bronze. If you miss out on a medal have all of the above. Lyon is the gourmet Capital of France.

Mike Hall has written us a Legends article on Gwen Davidson. She must have been quite an athlete not competing until she was 65 and then racking up such a record of achievements.

Also a very extensive New Record Report from Clyde. The highlight being 2 new Australian records to Jim Sinclair. Plenty of new Australian Championship Records and, of course, you know that for everyone who gains a new record, someone has to lose one. It's sad when that record is the only one a person holds.

How do you feel now Andrew Jamieson ?

*What a nice day for a run,*

*Russ Dickenson*

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### JOIN US or RENEW

You can become a member of this great club, online, in just minutes at

<https://www.registernow.com.au/secure/Register.aspx?E=14358>

Or go to our website and click on the link

## NAG FILE

Athletes Moving into  
a New Age Group

MICHAEL BENTLEY	into M55
EDWIN BLACKWOOD	into M55
ALISTAIR BLOOM	into M35
BARRY BROOKS	into M75
LOU BUCCIERI	into M60
ANDREW COCHRANE	into M60
TERI CROOK	into W50
MATTHEW CUTTERHAM	into M35
BRIAN HOLCOMBE	into M70
TRACEY HOWSE	into W50
JAMES MACHIN	into M80
FRANK MANING	into M70
JANEEN MCKERRAN	into W60
MICHAEL MEANEY	into M60
TODD MURFETT	into M50
MARGARET PROWSE	into W85
JUNE REEVES	into W70
JOHN ZELEZNIKOW	into M65

# Masterpieces

Congratulations to Athletics Bendigo for being selected to hold the AMA Multi events for the next 3 years from 2016

The complete list of events awarded for the triennium 2016-2018 are as follows:

1. Winter Throws NSW Athletics (to be held in Wollongong).
2. Marathon Gold Coast Events - in conjunction with the Gold Coast Marathon.
3. Half Marathon TMA - in conjunction with the Hobart Cadbury Marathon
4. Multi-Events Athletics Bendigo (Victoria)
5. 20KM Walk SAMA (Adelaide)

If you're entering the Melbourne Marathon and are not aligned to any team, you can run for VMA. VMA members who are running in any of the Melbourne Marathon Festival events (Marathon, Half marathon, 10km) are invited to register as members of the VMA team. Please also notify Lavinia Petrie if you are running in the Marathon to be eligible for a VMA medal as it is the VMA Marathon championship.

Team Name: Victorian Masters Athletics Team Password: vicmasters

### *Fancy your managements skills ?*

AMA is looking for several Team Managers for the World Championships in Perth 2016.

Details here -

<http://www.australianmastersathletics.org.au/2015/ama-team-managers-application-perth-2016/>

### GLYNIS NUNN-CEARNS, PATRON FOR AMA

Glynis Nunn-Cearns has accepted the invitation from the AMA Board to be a Patron for our sport. Glynis is perhaps best known for winning the gold medal for the heptathlon at the 1984 Olympics in Los Angeles. She is also well known for her work in coaching. Less known is the fact that Glynis has competed in Masters Athletics on a number of occasions, in both Brisbane and on the Gold Coast. She also holds the AMA records for W40 short hurdles and long jump.

Our sport is indeed fortunate to have Glynis as our Patron. Welcome.

## 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

- July 12 Winter Warmers (warm up for Lyon) - Bendigo - See P.10
- 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)  
**ENTRIES CLOSE 2 JUNE**
- August 23 VMA 10 Mile Road - Princes Park #
- September 6 VMA Half Marathon - Kevin Bartlett Reserve. #
- October 5-10 Oceania Masters Athletics - Rarotonga Cook Islands
- October 3-10 2015 Australia Masters Games - Adelaide

### 2016

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

### 2017

- March 18-25 World Masters Athletics Indoor Championships - Daegu South Korea
- April 21-30 World Masters Games - Auckland New Zealand

# Browne Shield Events

## Masterpieces

### Cooky and Gianna to compete at 2015 IAAF World Championships in Beijing

As we mentioned in February Footprints, elite Masters athletes have been invited to compete in an event on Saturday 29th. August at the 2015 IAAF World Championships in Beijing. With over 60 applications received, Allan Cook of Victoria and Gianna Mogentale of Sydney were selected to compete in the field of 9 in their race. The Men will race over 800m and the Women over 400m.

Almost as if anticipating this occurrence, your intrepid reporter took this photo of the Champion pair on a bus in Brazil.



Helen Stanley and Annette Pelgrim ran the Great Ocean Road Half Marathon together. They finished holding hands.

# Masterpieces

## New Inductees into the AMA Hall of Fame.

Athletes Heather Doherty from Queensland, Heather Carr from Victoria and David Carr from Western Australia were all inducted into the AMA Hall of Fame. Between them these three great athletes have almost 120 years of outstanding performances, including World Records, in Masters Athletics. Heather Doherty as a thrower, Heather Carr as a Race Walker and David Carr on the track.

On the right we see Lavinia reading a summary of Heather Carr's exploits.

Administrator Wal Sheppard, from Victoria was also posthumously inducted into the Hall of Fame for his contribution to developing Veteran/Masters Athletics as a National Association in Australia. Wal was also an outstanding athlete. At right is fellow Richmond Harrier Kevin Solomon and his wife, Jenny, accepting the award from Wilma Perkins.

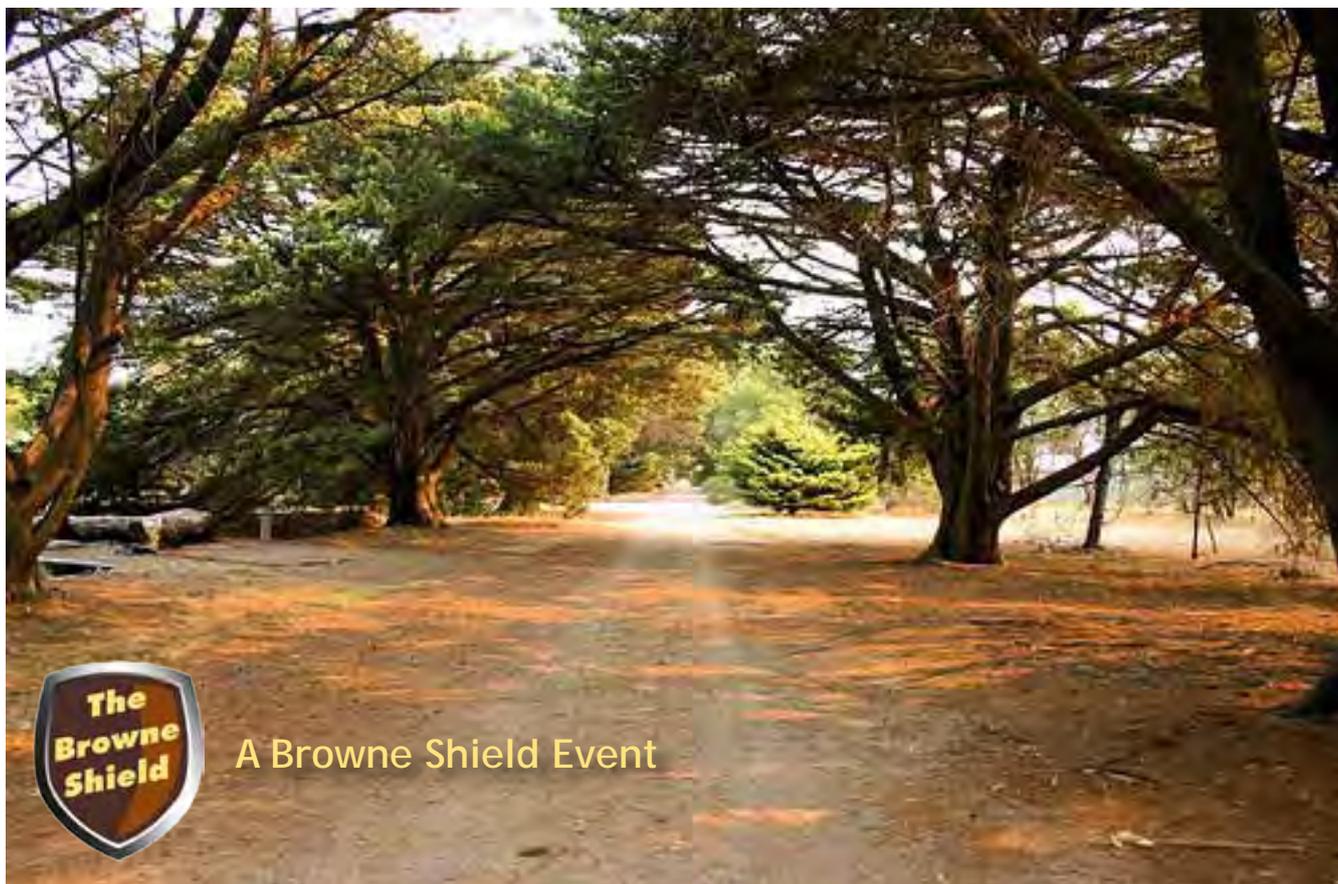
Kelly Ruddick won the AMA Award for the Outstanding Walker of 2014



At the AMA Awards Night in Sydney, Lavinia Petrie won the AMA Most Outstanding Female Athlete of the year for performances in 2014 (pretty hard to argue against that one).

She also won the Brian Foley award for the best Age Graded performance, Men or Women, in the 800m or 1500m. She achieved a 101.18% in the 1500m. Here she is receiving the award from Jill Taylor.

# 10 km "Eric Greaves Memorial" Road Race Championship Sunday 19 July 2015



A Browne Shield Event

Two laps of a fast and flat gravel road course through scenic parkland in  
Braeside Park, Mentone

(Melway Map 88 D8)

Sunday 19 July 2015

10.00 am Start

**ENTRY FEE \$10 - enter on the day until 9.45 am**

Club uniform must be worn to be eligible for the specially struck memorial medals for winners and placegetters in each 5 year age division. Non Victorian Masters members are welcome to run by Invitation - \$5 entry.

The Eric Greaves Memorial Trophy will be awarded to the most outstanding performance, based on age graded percentages

For the less serious there will also be a 5km run or a 5km walk.

Entry fee for these events will be \$5. There will be no prizes for these events.

Ample car parking - picnic facilities available. Tea, coffee and biscuits after the race.

Enquiries Alan Bennie 9547 2978 or Tony Doran 9547 7320

# VMA

## 10 Mile Road Championship PRINCES PARK, CARLTON SUNDAY, 23 AUGUST 2015



Antonio Giuliani about to cross the finish line nine seconds ahead of Bendigo runner Trevor Kelly and third place getter Shane Draper.

An invitation is extended to all Victorian Masters Athletes to take part in our 10 Mile Road Championship which will again be held at Princes Park, Carlton.

Hosted by Aberfeldie Venue, the event is the 4th of the 5 Browne Shield events.

Last year Aberfeldie Venue runner Antonio Giuliani, M40 won the event in 59.55.

- WHERE:** Northern Pavilion, Princes Park, Carlton
- WHEN:** Sunday, 23 August 2015. **START TIME:** 8.30 am
- ELIGIBILITY:** To be eligible for an age category award and to receive points in the Browne Shield Competition, all runners must be financial and wear their VMA singlet.
- ENTRY FEE:** \$10.00. Entries will be taken on the day from 7.30 am.
- COURSE:** Very flat and fast course consisting of 5 laps of Princes Park.
- ENQUIRIES:** John Dean, Aberfeldie Venue. Phone: 9337 7179.

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## **PETER COLTHUP 5 MILES (8.045KM) ROAD SELF HANDICAP** **29 APRIL 2015**

The 21st Annual Peter Colthup 5 mile Road Handicap was conducted at Dolamore Reserve, Mentone, on a cool and windless evening conducive to running.

It was very pleasing that Marge Colthup attended with her grandson, Luke, and they presented the medals and trophies after the event.

Other members of the Colthup family and friends attended and several ran in the event and recorded respectable times.

It was also pleasing that runners from Glen Eira, East Burwood, Knox and Southern Peninsula joined the field, including Club Captain, Lavinia Petrie.

The event was conducted as a self handicap whereby competitors nominated their finishing time aware that running too quickly could bring about a disqualification.

The backmarker, Michael Bishop gave a start of 32 minutes to the limit marker, Glen Eira stalwart and previous winner Judy Wines, who was paced by VMA Committee member Andrew Edwards.

The runners in this year's event started on the track, ran out onto the road circuit to complete nine 834 metre laps of the perimeter around Dolamore Reserve and then returned to run one lap on the track.

Jeanne Bryan was first across the line but she and several other competitors were relegated as they ran faster than the 40 second tolerance below their estimate and the rest of the field finished in a 6 minute spread with James O'Brien leading David Dodson by 9 seconds and Kuni Bowden 34 seconds further back in third place.

James was the winner in 2008 and joins Sonya McLennan and Andrew Edwards as the only dual winners of the event in 21 years.

Michael Bishop, recent M40 winner of the VMA 10 Km Championship, was the fastest male in 31.28 and Kuni Bowden was the fastest female finishing in 35.33.

Following the running of the event everyone retired to the clubrooms to join Marge and the family and friends and enjoy a generous supper and presentations. James received the wooden trophy, crafted by Louis Waser, as well as Peter's family's own trophy and the winner's medal while the placegetters and fastest time winners received medals specific to the event.

Special thanks go to those who assisted in managing the event and preparing and serving the supper.

***Ted McCoy and Ashley Page***

***Venue Managers***

***I thought it was very gentlemanly of Ashley to send me this information even after he was disqualified for running ONE second inside the allowed time !! The photo shows him finishing ahead of James, the eventual winner.***

***Russ***



Back row L-R Derek Couper (3rd), David Dodson (2nd) Michael Bishop (Fastest Male)

Front row Kuni Bowden (Fastest Female), Marge Colthup, James O'Brien (Winner)



# Athletics Bendigo



Presents  
**Winter Warmers**  
12th July 2015



## LUBAC

Retreat Road Bendigo

First Event 11:00am

Entries close 3rd July

Must have at least 3 entries to conduct an event

Most events offered - Program out 6th July

\$10.00 entry for the day includes light lunch

Entry on day \$20.00 only if no alteration to program

## Entries On-Line

Entry only online only method of entry

<http://www.athleticsbendigo.org.au/>

or

<https://www.registernow.com.au/secure/Register.aspx?E=16825>



For more information email [p.barrett@ozemail.com.au](mailto:p.barrett@ozemail.com.au)

## Astrid Rose retires as Subscription Officer

After 20 years as Subscription officer for VMA Astrid has retired from that position with Ewen Wilson taking over the role. She was awarded a gift of appreciation at the recent VMA AGM.

Astrid began an association with VMA as a committee member around 1993. Not long after joining the committee VMA needed a new venue for Committee meetings and Astrid offered her home. For a few years Committee meetings were well attended (and long) probably due in no small measure to Astrid's suppers.

By 1995 Astrid began as subscription officer receiving files of members and some assistance from Colin Browne in managing data in Excel format and using Windows 95 (all new to her). In 1995 Astrid also became Treasurer for the Throwers Venue a role she still has today.

Initially all memberships were received by post or through collection by Venue Managers which were then passed on. With membership peaking at around 1200 in past years this was a major task. In early years all payments were by cheques, cash or money order. VMA moved to accept credit card payments by 2006, and finally in 2013 on-line payments.

Astrid, however, was not only involved with subscriptions but also took on the role of uniforms in 1997 after Eric Greaves became gravely ill. In about 2000 she also took over track suits after Doug Orr passed away and then also the range of different pieces of clothing that Peter Colthup used to market for VMA. Astrid welcomed Graham Philpott taking over uniforms etc around the time he was designing a new VMA uniform with Jennifer Baldwin.

Astrid always worked very assiduously in ensuring members were paid up and getting this information on a regular basis to Venue Managers, the Treasurer and other relevant persons. Late renewing members involved a lot of work in chasing them up with letters through the post (often more than 200) or by phone. With more members having E-mail addresses this task became a lot easier and cheaper for VMA but nevertheless usually two reminders either by one method or another was needed.

As subscription officer, Astrid also became involved in most Championships. She collected payments when Championships were local, checked the financial status of athletes who had entered interstate or overseas championships and if they were not current or never had been VMA members she then chased them up so they could become financial and eligible to compete.

Astrid was awarded a VMA service award jointly with Graeme (largely due to the efforts to smooth out problems for the Throwers venue) and she was also awarded Life Membership of VMA.

During her years of service Astrid was also a trained Throws official, officiated or volunteered at the Deaf Olympics, World Masters Games and Commonwealth Games all held in Melbourne.

Congratulations Astrid for a wonderful achievement.



## RESULTS - VMA 3k Championships

Duncan McKinnon Reserve

Sunday 19/4/15

A record number of 41 competitors turned up for this year's VMA 3k Championship which was run, as usual, before the AGM.

We held 2 divisions with the slower runners starting first.

Heather Marasco, a newcomer from Doncaster, had a battle out in front all the way with George Rennie M70 ( Collingwood ), but George's experience saw him first over the line in 12.32.7. George's excellent run saw him achieve the highest age graded percentage for the Men with 83.1%.

The second race was a tussle between Grant Simpson M45 ( Geelong ) and the M40 Shane Draper ( Aberfeldie ) and another newcomer Michael Bishop ( Mentone ). In the last lap Shane outsprinted both Grant and Michael to take out the race in 9.53.4.

Susi Wilson W45 ( Knox ) was the fastest Female in 11.24.3 followed closely by Stacey Van Dueren W55 ( Coburg ) in 11.36.4. Stacey's AG% of 92.7 was the best of the day.

In the first race Pam Mews W80 ( Mentone ) established a New Victorian record with time of 30.06.5

The rain held off all day but the wind was very strong especially during the second race.

	<i>Name</i>	<i>Age</i>	<i>Venue</i>	<i>Time</i>	<i>A.G.%</i>
W35	Andrea Draper	38	Aberfeldie	15.40.7	55.0%
W40	Susi Wilson	48	Knox	11.24.3	83.8%
	Heather Marasco	46	Doncaster	12.33.5	74.3%
W50	Maggie Armstrong	53	Aberfeldie	17.11.2	59.3%
W55	Stacey Van Dueren	57	Coburg	11.36.4	92.7%
	Janet Robinson	55	Glen Eira	13.58.2	74.9%
W65	Rhonda Trengrove	67	Casey	17.03.3	73.4%
	Vicky Thompson	69	Casey	21.16.0	60.8%
W80	Pam Mews	80	Mentone	30.06.5	52.8%
	New Victorian Record				
M40	Shane Draper	41	Aberfeldie	9.53.4	79.1%
	Michael Bishop	43	Mentone	10.01.4	79.2%
M45	Grant Simpson	45	Geelong	9.54.4	81.4%
	Glenn Sullivan	48	N/A	10.46.0	76.6%
	Rob Italia	49	Casey	11.32.6	72.1%
M50	Andrew Egginton	53	Croydon	11.24.6	75.3%
	Tony Dell	52	Croydon	11.26.9	74.4%
M55	Chris Worsnop	57	E. Burwood	13.20.1	66.6%
	David Dodson	56	Mentone	14.43.3	59.8%
M60	Greg Moore	63	Aberfeldie	11.57.3	78.3%
	David McConnell	62	Doncaster	13.51.4	67.0%
	Frank Prowse	63	Doncaster	14.35.3	64.2%



M65	Jim Hopkins	65	Collingwood	13.33.2	70.4%
	Russ Dickenson	69	Croydon	15.02.9	65.8%
M70	George Rennie	73	Collingwood	12.32.7	83.1%
	Ashley Page	74	Mentone	14.46.6	71.7%
	Phil Urquhart	70	Glen Eira	16.00.2	62.6%
	Ralph Bennett	73	Mentone	DNF	
M75	Robert Davey	75	Coburg	21.01.6	51.2%
M80	Peter LeGet	81	Knox	16.44.1	73.2%
	Colin Silcock Delaney	82	Geelong	22.09.5	56.8%





## BROWNE SHIELD RESULTS AFTER 2 EVENTS

The Browne Shield looks poised for a closer result this year with Aberfeldie, Collingwood, Glen Eira and Coburg all producing strong results in the first two events. At the 10k Track Race, Knox only had 2 competitors and started off in fifth place. Those competitors however, were the two highest scoring athletes - Lavinia Petrie and Mike Bieleny.

Aberfeldie, who has led after both rounds, has had one terrific performance from Bronwen Cardy and two from Greg Moore. But were helped out with Shane Draper joining in for the Cross Country, I feel they will need Bronwen back to hold off Knox.

Coburg has had two very strong runs from Stacey Van Dueren but suffered from having only two competitors in the second event.

How the Browne Shield Scoring works. Each competitor's finish time is age graded. In the Individual Competition the competitors best 4 scores over the 5 events count. In the Venue Competition, the best 3 scores for each event are tallied and all events are counted. It is a big disadvantage for a Venue not to have 3 competitors at each event.

### VENUE RESULTS

Venue	10k Track	Cumulative	8k CC	Cumulative
Aberfeldie	96.33, 78.9, 72.23	247.46	74.86, 74.35, 68.4	465.07
Knox	103.78, 85.75	189.53	94.43, 82.29, 80.9	447.15
Collingwood	77.26, 86.26, 79.95	243.47	73.99, 59.74, 64.38	441.58
Glen Eira	82.37, 81.69, 68.05	232.11	67.96, 67.39, 63.46	430.92
Coburg	94.57, 65.25, 69.9	229.72	81.21, 62.69	373.62
Croydon	80.44, 70.56	151	67.77, 62.59, 56.53	337.89
Mentone	79.24, 79.02	158.26	72.99, 56.42, 45.83	333.5
Doncaster	72.43,	72.43	75.9	148.33
East Burwood	85.45	85.45		85.45
Springvale	79.65	79.65		79.65

### WOMEN'S RESULTS

Name	Venue	10k Track	8k CC	Cumulative
Lavinia Petrie	Knox	103.78	94.43	198.21
Stacey Van Dueren	Coburg	94.57	81.21	175.78
Petrina Trowbridge	Collingwood	77.76	73.99	151.75
Katherine Gibney	Collingwood	61.05	56.48	117.53
Bronwen Cardy	Aberfeldie	96.33		96.33
Annette Pelgrim	E. Burwood	85.45		85.45
Julie Norney	Knox		82.29	82.29
Heather Marasco	Doncaster	72.43		72.43
Nicola Hamilton-Morris	N/A	68.63		68.63
Fiona Ely	Coburg	65.25		65.25
Kylie Barton	N/A	60.81		60.81
Catriona Brown	Collingwood		59.74	59.74
Toscha Stopar	Knox		58.07	58.07
Melissa Maceoin	Knox		46.74	46.74
Andrea Draper	Aberfeldie		46.58	46.58
Pamela Mews	Mentone		45.83	45.83



## BROWNE SHIELD RESULTS AFTER 2 EVENTS

### MEN'S RESULTS

Name	Venue	10k Track	8k CC	Cumulative
Mike Bieleny	Knox	85.75	80.9	166.65
Greg Moore	Aberfeldie	78.9	74.86	153.76
Michael Bishop	Mentone	79.02	72.99	152.01
Tony Dell	Croydon	70.56	67.77	138.33
Michael Meaney	Coburg	69.9	62.69	132.59
Chris Brown	Glen Eira	68.05	63.46	131.51
Phil Urquhart	Glen Eira	64.29	55.52	119.81
Kevin Solomon	Collingwood	86.26		86.26
Peter Bence	Glen Eira	82.37		82.37
Luke Goodman	Glen Eira	81.69		81.69
Colin Page	Croydon	80.44		80.44
Steve Brennan	Collingwood	79.95		79.95
Steven Barker	Springvale	79.65		79.65
David Mellings	Mentone	79.24		79.24
Trevor Kelly	Bendigo		77.77	77.77
Graham Sayer	Doncaster		75.9	75.9
Shane Draper	Aberfeldie		74.35	74.35
Norman Franzi	Collingwood	74.05		74.05
Wes Windsor	Collingwood	73.23		73.23
Jim Hopkins	Collingwood	72.46		72.46
Michael Camilleri	Aberfeldie	72.23		72.23
Jim Hetjmanek	Collingwood	71.62		71.62
Rod Bayley	Collingwood	70.89		70.89
Paul Twining	Knox		70.83	70.83
Antonio Guiliani	Aberfeldie		68.4	68.4
Joseph Campisi	Glen Eira		67.96	67.96
Syd Bone	Glen Eira		67.39	67.39
Len Hallett	Collingwood	65.84		65.84
Shane Derby	Collingwood		64.38	64.38
Ron Cracknell	Croydon		62.59	62.59
Andrew Prater	N/A	62.39		62.39
Barry Murley	Croydon		56.53	56.53
David Dodson	Mentone		56.42	56.42
Ron Gregory	Aberfeldie		56.02	56.02
David Jones	Aberfeldie		53.43	53.43
Glenn Claiden	Knox		53.35	53.35
John Zeleznikow	Glen Eira		38.23	38.23

# VMA 10K TRACK CHAMPIONSHIP

Held at George Knott Reserve

Tuesday 28 April 2015



George Knott Reserve  
Tuesday 28 April 2015

## Women's Results

				<i>Time</i>	<i>AG%</i>
W30	Nicola Hamilton-Morris	N/A	32	43.51	68.63
W35	Katherine Gibney	Collingwood	39	50.35	61.05
W40	Kylie Barton	N/A	43	52.13	60.81
W45	Heather Marasco	Doncaster	46	45.05	72.43
	Fiona Ely	Coburg	45	49.33	65.25
W50	Stacey Van Dueren	Coburg	57	39.51	94.57
W60	Bronwen Cardy	Aberfeldie	63	42.50	96.33
	Annette Pelgrim	E. Burwood	60	46.06	85.45
W65	Petrina Trowbridge	Collingwood	68	57.37	77.76
W70	Lavinia Petrie	Knox	71	45.31	103.78

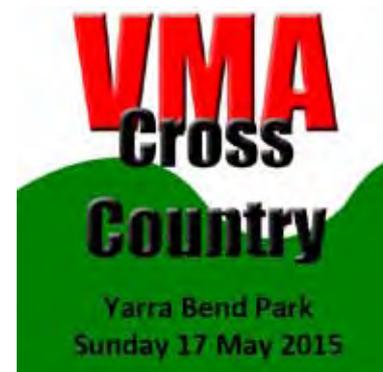
## Men's Results

M35	Andrew Prater	N/A	39	44.20	62.39
M40	Michael Bishop	Mentone	43	36.04	79.02
	Michael Camilleri	Aberfeldie	41	38.52	72.23
M45	Luke Goodman	Glen Eira	47	35.59	81.69
	David Mellings	Mentone	47	37.06	79.24
	Steve Brennan	Collingwood	48	37.09	79.95
M50	Mike Bieleny	Knox	52	35.41	85.75
	Jim Hetjmanek	Collingwood	50	42.02	71.62
	Tony Dell	Croydon	52	43.22	70.56
M55	Steven Barker	Springvale	56	39.43	79.65
	Michael Meaney	Coburg	59	46.25	69.90
	Chris Brown	Glen Eira	59	47.42	68.05
M60	Colin Page	Croydon	61	41.04	80.44
	Greg Moore	Aberfeldie	63	42.37	78.90
M65	Kevin Solomon	Collingwood	68	40.49	86.26
	Peter Bence	Glen Eira	65	41.34	82.37
	Jim Hopkins	Collingwood	68	47.14	72.46
	Rod Bayley	Collingwood	68	49.40	70.89
	Len Hallett	Collingwood	65	52.00	65.84
M70	Wes Windsor	Collingwood	70	49.08	73.23
	Norman Franzi	Collingwood	71	49.11	74.05
	Phil Urquhart	Glen Eira	70	55.58	64.29
Other	Liam Hutchinson	Associate	24	40.30	
	Gerard Adrien	Collingwood	54	DNF	
	Mick Carr	Knox	61	DNF	
	Glenn Sullivan	Casey	48	DNF	

# VMA 8K CROSS COUNTRY CHAMPIONSHIP

Held at George Knott Reserve

Tuesday 28 April 2015



## Women's Results

	Name	Venue	Time	AG%
W35	GIBNEY Katherine	Collingwood	43:19	56.48
	DRAPER Andrea	Aberfeldie	48:06	46.58
W40	BROWN Catriona	Collingwood	41:49	59.74
	MACEOIN Melissa	Knox	54:23	46.74
W45	NORNEY Julie	Knox	31:31	82.29
	STOPAR Toscha	Knox	44:12	58.07
W55	VAN DUEREN Stacey	Coburg	36:54	81.21
W65	TROWBRIDGE Petrina	Collingwood	48:04	73.99
W70	PETRIE Lavinia	Knox	39:41	94.43
W80	MEWS Pamela	Mentone	1:37:30	45.83

## Men's Results

M40	DRAPER Shane	Aberfeldie	29:48	74.35
	BISHOP MICHAEL	Mentone	30:49	72.99
	GIULIANI Antonio	Aberfeldie	32:53	68.4
M45	ELLIOTT Andrew	Inv.	37:32	60.86
M50	BIELENY Michael	Knox	29:51	80.9
	SAYER GRAEME	Doncaster	32:21	75.9
	DELL Tony	Croydon	35:38	67.77
	DERBY Shane	Collingwood	38:08	64.38
M55	KELLY Trevor	Bendigo	31:50	77.77
	CAMPISI Joseph	Glen Eira	37:22	67.96
	BONE Syd	Glen Eira	39:57	67.39
	BROWN Chris	Glen Eira	40:22	63.46
	MEANEY Michael	Coburg	40:52	62.69
	DODSON David	Mentone	44:15	56.42
M60	MOORE Gregory	Aberfeldie	35:27	74.86
	GREGORY Ron	Aberfeldie	46:57	56.02
	CLAIDEN Glenn	Knox	48:52	53.35
	JONES David	Aberfeldie	50:07	53.43
	ZELEZNIKOW JOHN	Glen Eira	1:10:03	38.23
M65	TWINING Paul	Knox	38:09	70.83
	CRACKNELL Ron	Croydon	44:24	62.59
M70	URQUHART Phillip	Glen Eira	51:09	55.52
M75	MURLEY Barry	Croydon	54:53	56.53

## RESULTS - VMA T & F Pentathlon Championships 2015

Held At - Duncan Mackinnon Athletic Track, 29th March, 2015

### WOMEN'S RESULTS

Age/ Place		Points	100	SP	LJ	JT	800
<b>W40</b>							
1	Fanning, Sheila		13.35	7.56m	4.09m	16.19m	02:36.4
	VMA	2641	813	425	438	262	703
<b>W45</b>							
1	Carah, Karen		13.58	8.53m	4.33m	24.01m	02:52.6
	VMA	3064	860	541	584	476	603
<b>W50</b>							
1	Scholtz, Jenny		15.14	7.66m	2.00m	14.69m	DNF
	VMA	1520	703	507	34	276	0
<b>W55</b>							
1	Tindal, Pam		16.02	6.57m	2.97m	16.90m	02:55.8
	VMA	2551	666	464	303	372	746
<b>W65</b>							
1	Learmont, Bev		18.33	6.05m	2.78m	10.77m	04:52.3
	VMA	1869	561	532	384	281	111

### MEN'S RESULTS

Age/ Place		Points	LJ	JT	200	DT	1500
<b>M40</b>							
1	Featherston, David		5.59m	39.49m	25.38	30.03m	04:41.7
	VMA	3046	606	484	674	525	757
<b>M45</b>							
1	Scholes, Matthew		4.34m	24.81m	27.18	20.32m	5:08.84
	VMA	2293	384	286	597	357	669
<b>M50</b>							
1	Egginton, Andrew		3.95m	31.96m	28.37	24.70m	4:44.62
	VMA	2626	354	431	577	372	892
2	Dell, Tony		3.75m	21.73m	29.76	18.84m	5:12.37
	VMA	2024	308	253	478	258	727

**RESULTS - VMA T & F Pentathlon Championships 2015 - (continued)**

Age/ Place		Points	100	SP	LJ	JT	800
<b>M60</b>							
1	McConnell, David		3.94m	21.48m	27.99	20.19m	06:08.5
	VMA	<b>2450</b>	490	304	754	299	603
2	Riddoch, Clyde		3.21m	31.90m	37.11	34.14m	6:47.55
	VMA	<b>2030</b>	292	516	201	589	432
3	Prowse, Frank		2.74m	19.02m	33.77	16.94m	6:24.11
	VMA	<b>1572</b>	182	256	367	235	532
4	Neale, John		2.89m	21.80m	46.18	25.35m	9:50.47
	VMA	<b>934</b>	215	311	0	405	3
<b>M65</b>							
1	Ford, Graham		4.07m	23.33m	30.31	27.04m	06:26.5
	VMA	<b>2791</b>	626	391	669	493	612
2	Whitehall, Geoff		3.64m	17.08m	29.15	18.88m	06:28.7
	VMA	<b>2402</b>	485	253	752	309	603
3	Bryant, Alan		3.32m	22.73m	34.96	18.14m	08:20.0
	VMA	<b>1638</b>	390	377	377	293	201
<b>M70</b>							
1	Orelli, Michael		2.50m	12.20m	35.52	12.84m	06:59.8
	VMA	<b>1612</b>	225	168	437	206	576
2	Gardner, Neville		2.52m	13.60m	41.22	22.75m	08:43.5
	VMA	<b>1271</b>	230	200	172	446	223
3	Fraser, Andrew		2.52m	15.15m	37.1	16.96m	09:48.0
	VMA	<b>1205</b>	230	236	353	304	82
<b>M75</b>							
1	Brook, Max		2.87m	12.12m	35.78	16.68m	06:48.3
	VMA	<b>2261</b>	415	201	539	346	760
2	Bradford, Tony		2.57m	21.83m	35.02	19.27m	08:12.7
	VMA	<b>2209</b>	313	461	583	418	434
3	Wood, Alan		2.97m	20.37m	38.05	15.93m	DNF
	VMA	<b>1612</b>	451	421	414	326	0



*V.M.A. Legend*

## *Gwen Davidson* article by Mike Hall.

Although her athletic career has now ceased, Gwen, at 92 years of age, after almost three decades of truly remarkable achievements richly deserves this recognition for her outstanding career in Masters Athletics.

Born in Adelaide in 1922, Gwen excelled throughout her school years winning many awards in hockey and athletics. However with the advent of World War 2, she ultimately enlisted with the Red Cross and later met and married her husband Jim in 1945 and subsequently raised 4 children, leaving little time for any form of serious exercise.

It then wasn't until the prospect of competing in the 1987 VII World Veterans Athletics Championships, in Melbourne that Gwen decided to join Veteran Athletics and begin a belated return to the sport she loved, at the age of 65.

Inevitably this was just the incentive she needed to reignite her remarkable versatility, even at the highest level, and with relatively little preparation she excelled 2 Gold and 3 Bronze medals against the world's best. Her results were 100m in 16.09; 200m in 33.71; Long Jump 3.16; Triple Jump 7.22 and High Jump 1.22, the latter two being W65-69 World Records.

Now on a high following her initial success, she travelled to Brisbane for her inaugural National Championships in 1988 and accumulated 6 Gold and 2 Silver medals in 8 individual events.

With her appetite for world class competition now firmly entrenched, at the 1989 VIII World Veterans Championships in Eugene, Oregon Gwen once again shone, winning 6 medals - 3 Gold; 1 Silver and 2 Bronze. In the 4x 100m relay, together with top W65 Aussie sprinters Joyce Green, Aileen Hogan and Ann Cooper, she set a new World Record. Although Gwen continued her relentless attack on world records at State and National Titles throughout the Nineties, it wasn't until the 2001 14th World Veterans Athletics Championships in Brisbane that she made her last appearance at the top level with 4 more medals, giving her a total of 15 at the highest level in Masters Athletics.

On turning eighty in 2003, she then set a remarkable 11 World and National records in 5



*Gwen jumping in Adelaide in 1999*

## *V.M.A. Legend Gwen Davidson* article by Mike Hall.

individual events 100m; Discus; Hammer; Weight Throw and Throws Pentathlon, and currently still owns 12 Australian Records achieved over 3 age groups.

She has accumulated a remarkable 172 medals at major Championships and been rewarded with the 2003 Royce Foley Award and in 2000 by the AMA for multi events (W75).

As a long time member of the East Burwood Venue, it was a testament to Gwen's achievements when, in 2004, the Venue instigated a 100 metre handicap in her name. Needless to say, it is enthusiastically contested each year.

Finally, we can say that this amazing lady who for so many years was not only a role model but to say the least, a true inspiration to all involved in athletics.





## Knox Masters - 13th May, 2015. Winning Team Presentation Night.

On the 8th of October 2014 the Knox Masters Venue had their first night of competing in an event that would earn points for their team. With lots of thinking and preparation on how we could run a bit of a competition with the venue using everyone in a range of different events. We come up with this. We planned the fixture in late August to start in October and run for the next three months. Each week we had an event that we called the "Blue Teams Event". The Blue Teams Events ranged each week from a walk, sprint, middle distance and long distance, these blue events were all NOT's (nominate own time) or self-handicap events.

Athletes were all allocated into a team, we had three teams, the red, green and the purple team. We didn't have to worry about age or ability because anyone could win these events, as to the reason of the NOT and self Hcp races.

Points were awarded to each athlete just for turning up, (even if you didn't compete in any events) for every event you competed in on the night and also for doing duty. The blue team events scored points for competing in it and extra points if you finished in the first 10 placings of the self hcp's or the closest on time in the NOT's.

Nobody was allowed to wear a watch unless it had a dot covering up the face of the watch, and there was also a catch in the self hcp races. You could not run, faster than between 2 - 20secs depending on the distance of the race, faster than your self-handicap time. So each athlete would nominate their own handicap start then try to finish in the top ten placings to earn extra points and not get disqualified.

Disqualification margins were -	800m walk or a 3km or greater run -	20 secs
	1500m, 2km and a mile -	12 secs
	800m, 1km, 1.2km and a half mile -	6 secs
	500m and 600m -	4 secs
	300m and 400m -	2 secs

It was a hit, athletes started turning up in their team colours and the allocated Team Leader for each team did their best to get their team members to participate in as many events as possible to score as many points as they could for their team. The enthusiasm was up and everyone was really enjoying the competition.

A couple of things that stood out for me was the first 800m walk that was the blue team event, it attracted athletes that NEVER did the walk. There were so many in the walk event that it took extra time to do all the recording. Another event was the 300m sprint, on a normal night we would be lucky to have 6 runners compete in this distance. Well after the rallying of everyone by the team leaders we had 26 competitors running in the 300m, it was a pb for that event.

At the end of the night we would announce the winners and then have a spot prize draw and the winner of that would also get points for their team. Then the team leaders would read out the progressive scores each week and also who in their team was getting the most points.

It was a lot of fun and a lot of work but it was worth it, so worth it that we kept it running until the end of April 2015. Then after 7 months of team participation we announced the winning team.

There were 18 athletes on each team our team leaders were Melissa MacEoin for the Green Team, Gary Stewart for the Red Team and Anne McPherson for the Purple Team. After 7 months the points were a lot closer than I thought they would be. The winning team was The Red Team with a total score of - 2481 points, closely in second place The Green Team with a score of - 2459 and followed by The Purple Team with a score of 2393 points. Everyone on the winning team was awarded a prize and the highest point scorers in each team was also awarded a prize. (See presentation photos)

We will be doing this again at Knox, starting up our team competition by about October this year.

**Tracey Carpenter**



**POINTS SYSTEM -  
FOR THE BLUE HIGHLIGHTED TEAMS EVENTS**

Attendance or Duty - (Whether you run or not) 5 Points  
 Participation per event under 2km - 1 Point  
 Participation per event 2km and over - 2 Points  
 1 spot prize draw each week will win - 5 Points

Race Points -	1st -	12 Points	2nd -	10 Points
	3rd -	8 Points	4th -	7 Points
	5th -	6 Points	6th -	5 Points
	7th -	4 Points	8th -	3 Points
	9th -	2 Points	10th -	1 Point

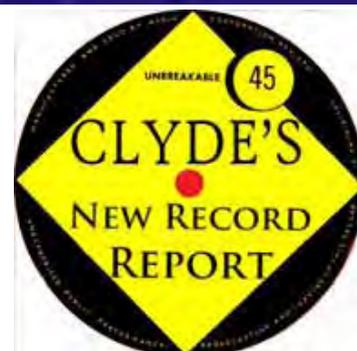


Photos clockwise from left -  
**The Ladies from the winning Red Team - Julie Norney, Alyssa Carpenter and Helen Stanley.**

**The men from the winning Red Team - Paul Twining, Mark Harris, Jack Durrant, Gary Stewart, Glenn Claiden, Chas McRae and Hank Kuys.**

**The highest point scorers from each team - Melissa MacEoin - Green Team, Gary Stewart - Red Team and Paul Durrant - Purple Team.**

## NEW RECORDS REPORT



### Australian Records:

W55	100m	Marie Kay	Qld	13.44s	96.0%	21-2-15	SOPAC Sydney
W35	100m	Wendy Seegers	WA	12.04s	90.2%	13-3-15	Perth
W75	800m	Lorraine Lopes	WA	3:26.25	98.0%	14-3-15	Perth
M90	60m	Jim Sinclair	Vic	12.18s	97.0%	15-3-15	Doncaster
M75	4x800m Relay	John Spinney Ron Wills Richard Hughes Michael Johnson	NSW NSW NSW NSW	14:04.61	-	19-3-15	SOPAC Sydney
M45	Pole Vault	Rob Hill	Qld	4.60m	88.3%	27-3-15	OSAC Brisbane
W30	100m Hurdles	Eliana Seymour	Qld	14.03s	87.0%	29-3-15	OSAC Brisbane
W65	Long Jump	Margaret Taylor	ACT	3.96m	85.2%	3-4-15	Bankstown
W65	60m	Evelyn Peake	SA	9.27s	99.8%	3-4-15	Bankstown
M90	60m	Jim Sinclair	Vic	12.12s	92.4%	3-4-15	Bankstown
W85	200m	Gwen Gleeson	ACT	57.85s	75.5%	4-4-15	Bankstown
M85	5k	I. Barrett-Lennard	WA	28:58.90	82.0%	5-4-15	Bankstown
M90	400m	Jim Sinclair	Vic	1:51.93	88.4%	5-4-15	Bankstown
W45	Weight Throw	Gabi Watts	NSW	13.88m	76.2%	5-4-15	Bankstown
M50	Throws Pent	Stuart Gyngell	NSW	4072pts	-	5-4-15	Bankstown
W60	Throws Pent	June Lowe	NSW	3570pts	-	5-4-15	Bankstown
W65	Triple Jump	Margaret Taylor	ACT	8.72m	93.4%	5-4-15	Bankstown
W35	Triple Jump	Melissa Foster	WA	11.95m	83.6%	5-4-15	Bankstown
W40	Pentathlon	Lee-Anne Grosvenor	Qld	3290pts	-	6-4-15	Bankstown
W70	Pentathlon	Anne Lang	SA	3222	-	6-4-15	Bankstown
W75	Mile Run	Lorraine Lopes	WA	7:46.5	93.9%	21-4-15	Perth

### Australian Championship Records from AMA Multi-event Championships in Melbourne and AMA Championships in Bankstown (not already listed above as Australian records):

M35	Decathlon	Geoff Gibbons	Tas	6487pts	-	1-3-15	
M50	Decathlon	Peter Murray	NSW	5567pts	-	1-3-15	
W75	Shot Put	Helen Searle	Qld	9.48m	102.5%	3-4-15	
W80	Hammer	Val Worrell	Vic	24.88m	88.0%	3-4-15	
M50	10k	David Sweeney	Qld	33:03.74	91.1%	3-4-15	
W55	1500m Walk	Pam Tindal	Vic	7:17.68	90.6%	3-4-15	
W65	1500m Walk	Heather Carr	Vic	7:58.85	91.6%	3-4-15	
M65	1500m Walk	Andrew Jamieson	Vic	7:15.85	97.0%	3-4-15	
M85	1500m Walk	Colin Hainsworth	SA	11:56.27	75.0%	3-4-15	
M60	1500m Walk	Colin Heywood	NT	7:08.43	90.6%	3-4-15	
M90	100m	Jim Sinclair	Vic	20.30s	83.7%	3-4-15	
W65	Javelin	Wilma Perkins	Qld	19.85m	53.2%	4-4-15	
W70	Javelin	Mary Thomas	NSW	22.46m	68.4%	4-4-15	
W45	High Jump	Lenore Lambert	NSW	1.45m(=)	81.0%	4-4-15	

W65	High Jump	Margaret Taylor	ACT	1.22m	91.7%	4-4-15
W60	Javelin	June Lowe	NSW	21.40m	51.2%	4-4-15
W80	Discus	Heather Doherty	Qld	19.33m	63.0%	4-4-15
M65	5k Walk	Andrew Jamieson	Vic	24:54.01	98.2%	4-4-15
W65	80m Hurdles	Margaret Taylor	ACT	17.10s	85.7%	4-4-15
W70	1500m	Lavinia Petrie	Vic	6:12.92	101.2%	4-4-15
M90	200m	Jim Sinclair	Vic	43.69s	93.8%	4-4-15
W65	400m	Evelyn Peake	SA	71.70s	92.9%	5-4-15
W45	400m	Janelle Delaney	NSW	57.93s	95.5%	5-4-15
M45	400m	Andrew Wilcox	Vic	51.36s	93.8%	5-4-15
W35	400m Hurdles	Janette VanDenBulk	Vic	65.46s	83.5%	5-4-15
M65	300m Hurdles	John Lamb	NSW	49.05s	91.4%	5-4-15
W70	200m Hurdles	Fran Harris	ACT	50.94s	-	5-4-15
W80	Hammer	Val Worrell	Vic	25.02m	88.5%	5-4-15
W65	Throws Pent	Bev Hamilton	WA	3415pts	-	5-4-15
W70	Throws Pent	Mary Thomas	NSW	4333pts	-	5-4-15
W65	Pole Vault	Wilma Perkins	Qld	2.10m	80.8%	5-4-15
M55	Pole Vault	William Tyler	NSW	3.20m(=)	71.0%	5-4-15
M70	Pole Vault	Albert Gay	NSW	3.00m	92.6%	5-4-15
M65	Pole Vault	George Schillinger	Vic	3.10m(=)	88.1%	5-4-15
W80	Weight Throw	Val Worrell	Vic	9.49m	91.2%	6-4-15
W45	Pentathlon	Rachel Little	Vic	3322pts	-	6-4-15
W55	Pentathlon	Christine Shaw	NSW	3567pts	-	6-4-15



### Victorian Records:

W65	Pentathlon	Bev Learmont		1869pts	-	29-3-15	Murrumbeena
M45	400m	Andrew Wilcox		51.36s	93.8%	5-4-15	Bankstown
M75	4x100m Relay	Graeme Noden Tony Bradford Allan Wood Mike Hall		65.35s	-	5-4-15	Bankstown
M40	4x100m Relay	Geoffrey Pittman Rob Mayston Allan Cook Andrew Wilcox		46.90s	-	4-15	Bankstown
W40	Triple Jump	Gaelyne Kenshole		10.32m	79.5%	5-4-15	Bankstown
M75	Triple Jump	Julian Jacotine		8.68m	86.4%	5-4-15	Bankstown
M45	4x400m Relay	Rob Mayston Allan Cook Rob Schwerkolt Andrew Wilcox		3:41.04	-	6-4-15	Bankstown
W45	Pentathlon	Rachel Little		3322pts	-	6-4-15	Bankstown
W80	3000m	Pam Mews		30:06.5	52.8%	19-4-15	Murrumbeena

Clyde Riddoch

VMA Records Officer

14 Joan Street, Sunshine West Vic 3020 Ph. 03 9363 2515 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com

# VICTORIAN RESULTS



A team of 100 Victorians attended the AMA Championships in Sydney (out of a total 667 competitors) and performed very strongly.

The Championships were held at The Crest Athletics Centre in Bass Hill, near Bankstown, on a newly re-laid track. The Venue was excellent for those with cars or staying close by. Some people complained about the public transport, and I guess over Easter this is a problem. Maybe this is a factor in the debate about holding the Championships at Easter.

I thought the organisation was first class and apart from a few hiccups with medal presentations everything ran extremely well. The merchandise was terrific. Congratulations, Jill Taylor, Stuart Gyngell and Team.

We had very few competitors overall in the sprints but still achieved some great results. Jim Sinclair won his 4 sprints, but it was in the 400m that we really shone, with Jeanette Van Den Bulk, Geoffrey Pittman, Andrew Wilcox, Rob Mayston, David McConnell and Jim Sinclair all winning. Throw in 5 second placings and you could say it was "our" event.

It was a similar story with the 1500m with Anne Buckley, Stacey van Dueren, Lavinia Petrie, Cameron Simon, Rob Schwerkolt, Allan Cook, Steven Quirk, and Kevin Solomon all winning their ages groups.

I find it interesting that Julian Jacotine (Triple Jump) and George Schillinger (Pole Vault) went all the way to Sydney for one event, both won.

Two people of interest were adopted Canadian Jeannette Van Den Bulk who did brilliantly winning all 3 of her events the W35 200m; 400m and 400m Hurdles and newcomer Gaelyne Kenshole who won her 2 events the W40 Short Hurdles and the Triple Jump.

## Women 60 Meter Dash

### W50

8 Charles, Vicki 9.67 -0.5

## Women 100 Meter Dash

### W45

4 Little, Rachel 13.96 -1.3

### W50

8 Charles, Vicki 15.79 0.5

### W70

4 Stobaus, Anne 17.80 +0.0

## Women 200 Meter Dash

### W35

1 Van Den Bulk, Jeannette 27.28 -2.2

### W70

4 Stobaus, Anne 36.87 -1.0

## Women 400 Meter Run

### W35

1 Van Den Bulk, Jeannette 59.55

2 Ryan, Lisa 63.74

### W45

2 Little, Rachel 59.51



Lisa Ryan in the W35 800m



### Women 400 Meter Run (continued)

<b>W50</b>		
2	Burgess, Donna	63.76
5	Hossack, Michele	69.32

<b>W70</b>		
5	Stobaus, Anne	1:27.01

### Women 800 Meter Run

<b>W35</b>		
2	Ryan, Lisa	2:28.19

<b>W40</b>		
9	Gillick, Melissa	3:24.27

<b>W45</b>		
4	Huell, Carolyn	2:42.06

<b>W50</b>		
2	Burgess, Donna	2:28.98
7	Miller, Cassie	3:16.68

### Women 1500 Meter Run

<b>W40</b>		
5	Gillick, Melissa	6:58.99

<b>W45</b>		
1	Buckley, Anne	5:22.06
2	Huell, Carolyn	5:27.57

<b>W50</b>		
6	Miller, Cassie	6:31.33

<b>W55</b>		
1	van Dueren, Stacey	5:30.00

<b>W70</b>		
1	Petrie, Lavinia	6:12.92

### Women 5000 Meter Run

<b>W40</b>		
4	Gillick, Melissa	26:28.09

<b>W45</b>		
2	Buckley, Anne	19:50.88
--	Huell, Carolyn	DNF

<b>W50</b>		
4	Miller, Cassie	23:42.65

<b>W55</b>		
1	van Dueren, Stacey	19:41.17

<b>W60</b>		
2	Cardy, Bronwen	21:16.47

<b>W65</b>		
1	Trowbridge, Petrina	27:02.55

<b>W70</b>		
1	Petrie, Lavinia	22:19.16



Carolyn Huell in the 1500m

### Women 10000 Meter Run

<b>W55</b>		
1	van Dueren, Stacey	40:48.20

<b>W60</b>		
1	Cardy, Bronwen	44:08.63

<b>W65</b>		
1	Trowbridge, Petrina	56:52.56

### Women 8k Run CC

<b>W40</b>		
3	Gillick, Melissa	49:10

<b>W45</b>		
4	Huell, Carolyn	34:54
5	Buckley, Anne	35:07

<b>W55</b>		
1	van Dueren, Stacey	34:26

<b>W60</b>		
2	Cardy, Bronwen	36:30

<b>W65</b>		
1	Trowbridge, Petrina	49:01

<b>W70</b>		
1	Petrie, Lavinia	38:42



Lavinia finishes the 1500m in, yes, 6.12



### Women 80 Short Hurdles (76.2cm)

W40

1 Kenshole, Gaelyne 13.57 +0.0

W50

2 Hossack, Michele 14.53 -0.2

### Women 400 Long Hurdles (76.2cm)

W35

1 Van Den Bulk, Jeannette 65.46

### Women 300 Long Hurdles (76.2cm)

W50

2 Hossack, Michele 53.34



*Jeannette Van Den Bulk  
winning the 400m Hurdles.*

### Women 2000 Meter Steeplechase (76.2cm)

W35

2 Ryan, Lisa 8:20.52

W40

1 Gillick, Melissa 10:58.98

W45

1 Huell, Carolyn 8:55.11

W65

1 Carr, Heather 10:38.13

### Women Long Jump

W45

2 Little, Rachel 4.48m 0.1

### Women Triple Jump

W40

1 Kenshole, Gaelyne 10.32m 1.3

W45

1 Little, Rachel 9.82m 1.2

### Women Pole Vault

W50

1 Charles, Vicki 2.00m

### Women Shot Put

W40

7 Gillick, Melissa 5.90m

W60

1 Schultz, Christine 9.21m

5 McIntosh, Jane 7.25m

W65

4 Mussett, Lorraine 5.43m

W80

2 Worrell, Valerie 6.61m

### Women Discus Throw

W40

7 Sangster, Catherine 16.15m

W50

4 Charles, Vicki 17.62m

5 Dell, Christine 14.66m

W55

2 Jenkins, Dorn 23.66m

W60

1 Schultz, Christine 24.73m

4 McIntosh, Jane 15.65m

W65

4 Mussett, Lorraine 11.07m

W80

2 Worrell, Valerie 14.47m

### Women Javelin Throw

W40

8 Sangster, Catherine 17.62m

9 Gillick, Melissa 11.95m

W55

3 Tindal, Pam 20.76m

W60

3 Schultz, Christine 18.79m

4 McIntosh, Jane 18.54m

W80

2 Worrell, Valerie 11.71m



## Women Hammer Throw

### W50

4	Charles, Vicki	21.23m
5	Dell, Christine	20.46m

### W55

1	Jenkins, Dorn	37.02m
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### W60

3	Schultz, Christine	27.90m
6	McIntosh, Jane	19.07m

### W65

3	Mussett, Lorraine	17.78m
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### W80

1	Worrell, Valerie	24.88m
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## Women Weight Throw

### W40

3	Gillick, Melissa	6.54m
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### W55

1	Jenkins, Dorn	13.42m
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### W60

3	Schultz, Christine	10.49m
5	McIntosh, Jane	7.95m

### W65

2	Mussett, Lorraine	6.79m
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### W80

1	Worrell, Valerie	9.49m
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## Women Outdoor Pentathlon

### W35

2	Ryan, Lisa	2072
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### W45

1	Little, Rachel	3322
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### W50

1	Burgess, Donna	3456
3	Hossack, Michele	2791

## Women Weight Pentathlon

### W50

4	Dell, Christine	1581
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### W60

3	Schultz, Christine	3152
5	McIntosh, Jane	2365

### W65

2	Mussett, Lorraine	1915
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### W80

2	Worrell, Valerie	3759
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*Both Rachel Little and Donna Burgess won their respective age groups in the Outdoor Pentathlon*





### Women 1500 Meter Race Walk

**W50**  
2 Elms, Donna-Marie 8:42.65

3 Shaw, Robyn 8:49.47

**W55**  
1 Tindal, Pam 7:17.68

**W60**  
1 Bryant, Barb 8:08.43

**W65**  
1 Carr, Heather 7:58.85

**W70**  
1 Steed, Gwen 9:34.37

**W75**  
1 Beaumont, Margaret 12:29.32

### Women 5000 Meter Race Walk

**W50**  
2 Elms, Donna-Marie 31:22.18

3 Shaw, Robyn 32:24.85

**W55**  
1 Tindal, Pam 26:29.74

**W60**  
1 Bryant, Barb 29:12.42

**W65**  
1 Carr, Heather 29:32.38

**W70**  
1 Steed, Gwen 34:01.25

**W75**  
1 Beaumont, Margaret 43:35.01

### Women 10000 Meter Race Walk

**W50**  
2 Elms, Donna-Marie 1:11:24

**W55**  
1 Tindal, Pam 58:28

**W60**  
1 Bryant, Barb 1:02:01

**W65**  
1 Carr, Heather 1:03:56

**W70**  
1 Steed, Gwen 1:14:11

**W75**  
1 Beaumont, Margaret 1:32:46

### Womens Relays

#### Women 4x100 Meter Relay 170-219

3 VICTORIA 'A' 54.50  
1) Ryan, Lisa 36 2) Little, Rachel 47  
3) Hossack, Michele 54 4) Burgess, Donna  
52

#### Women 4x400 Meter Relay 170-219

2 VICTORIA 'A' 5:06.22  
1) Hossack, Michele 54 2) Buckley, Anne 47  
3) Huell, Carolyn 48 4) Miller, Cassie 53

#### Women Discus Throw CoC H'cap

7 Schultz, Christine 50.22m +25.27



*Pam Tindal was the outstanding race walker at the Championships with 3 wins, including 2 hard fought victories over the two time World*

*Masters Athlete of the Year, Lyn Ventriss of W.A.*



## Men 60 Meter Dash

### M40

6	White, Gavin	7.90	+0.0
10	Newman, Alexander	7.98	-1.0

### M45

7	Italia, Rob	8.36	+0.0
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### M55

6	Shaw, Graham	8.98	-1.1
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### M65

4	Howden, Keith	9.10	-1.6
5	Carr, Bill	9.24	-1.6

### M75

2	Noden, Graeme	9.76	-0.9
3	Hall, Mike	9.80	-0.9
5	Bradford, Tony	10.62	-0.9
8	Wood, Allan	10.98	-0.9

### M90

1	Sinclair, Jim	12.12	-0.7
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### M65

4	Howden, Keith	14.62	-0.5
5	Carr, Bill	14.74	-0.5

### M75

2	Hall, Mike	16.07	-0.8
3	Noden, Graeme	16.26	-0.8
4	Bradford, Tony	17.49	-0.8
6	Wood, Allan	17.87	-0.8
7	Howes, John	18.96	-0.8

### M90

1	Sinclair, Jim	20.30	+0.0
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## Men 100 Meter Dash CoC

2	Mayston, Rob	10.57
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## Men 200 Meter Dash

### M40

2	Pittman, Geoffrey	24.11	-0.8
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### M45

5	Italia, Rob	26.21	-1.8
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### M55

1	Mayston, Rob	25.32	-2.3
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### M60

2	McConnell, David	27.24	-1.4
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*The M75 60m dash or "The Charge of the White Brigade"*

## Men 100 Meter Dash

### M40

3	Pittman, Geoffrey	11.82	-0.1
10	White, Gavin	12.61	-0.8
15	Newman, Alexander	12.83	-0.8

### M45

2	Wilcox, Andrew	12.17	-1.7
9	Italia, Rob	13.49	-0.1

### M55

1	Mayston, Rob	12.67	-0.9
6	Shaw, Graham	14.51	-0.9

### M60

2	McConnell, David	13.43	-1.4
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### M65

3	Howden, Keith	29.97	-0.1
5	Carr, Bill	31.24	-0.1

### M70

7	Orelli, Michael	36.97	-1.4
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### M75

2	Hall, Mike	34.04	-2.4
3	Jacotine, Julian	35.02	-2.4
4	Oakley, Russell	36.10	-2.4
5	Bradford, Tony	36.84	-2.4
7	Wood, Allan	38.93	-2.4

### M90

1	Sinclair, Jim	43.69	-1.1
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## Men 400 Meter Run

### M40

1 Pittman, Geoffrey 52.50

### M45

1 Wilcox, Andrew 51.36

5 Hennig, Shawn 57.90

6 Italia, Rob 58.79



*A brilliant run by Andrew Wilcox saw him defend his M45 400m title. Andrew has now won this event in his age group for 6 years in a row. Fantastic.*

### M50

2 Cook, Allan 54.30

4 Egginton, Andrew 61.46

### M55

1 Mayston, Rob 55.39

### M60

1 McConnell, David 60.11

### M65

4 Carr, Bill 72.20

### M75

2 Hall, Mike 77.86

3 Oakley, Russell 79.70

### M80

4 Silcock-Delaney, Colin 2:22.90

### M90

1 Sinclair, Jim 1:51.93

## Men's Relays

### Men 4x100 Meter Relay 180-239

2 VICTORIA 'A' 46.90  
1) Pittman, G. 41 2) Mayston, R. 58

3) Cook, A. 52 4) Wilcox, A. 46

4 VICTORIA 'B' 54.50

1) Italia, R. 49 2) Schwerkolt, R. 49

3) Egginton, A. 53 4) McConnell, D. 62

### Men 4x100 Meter Relay 240+

3 VICTORIA 'A' 65.35

1) Noden, G. 77 2) Bradford, A. 75

3) Wood, A. 77 4) Hall, M. 76

### Men 4x400 Meter Relay 180-239

1 VICTORIA 'A' 3:41.04

1) Mayston, R. 58 2) Cook, A. 52

3) Schwerkolt, R. 49 4) Wilcox, A. 46

## Men 800 Meter Run

### M40

1 Simon, Cameron 2:07.10

### M45

1 Sanford, Craig 2:06.78

2 Schwerkolt, Rob 2:07.52

7 Rayner, Craig 2:15.37

8 Hennig, Shawn 2:17.75

10 Simpson, Grant 2:22.45

11 Italia, Rob 2:26.74

### M50

1 Cook, Allan 2:06.12

3 Egginton, Andrew 2:16.12

11 Dell, Tony 2:27.43

### M60

2 Barrand, Michael 2:25.27

3 Page, Colin 2:29.26

5 Johnson, Russell 2:43.90

### M70

4 Egan, Elwyn 3:22.88

7 Orelli, Michael 3:40.03

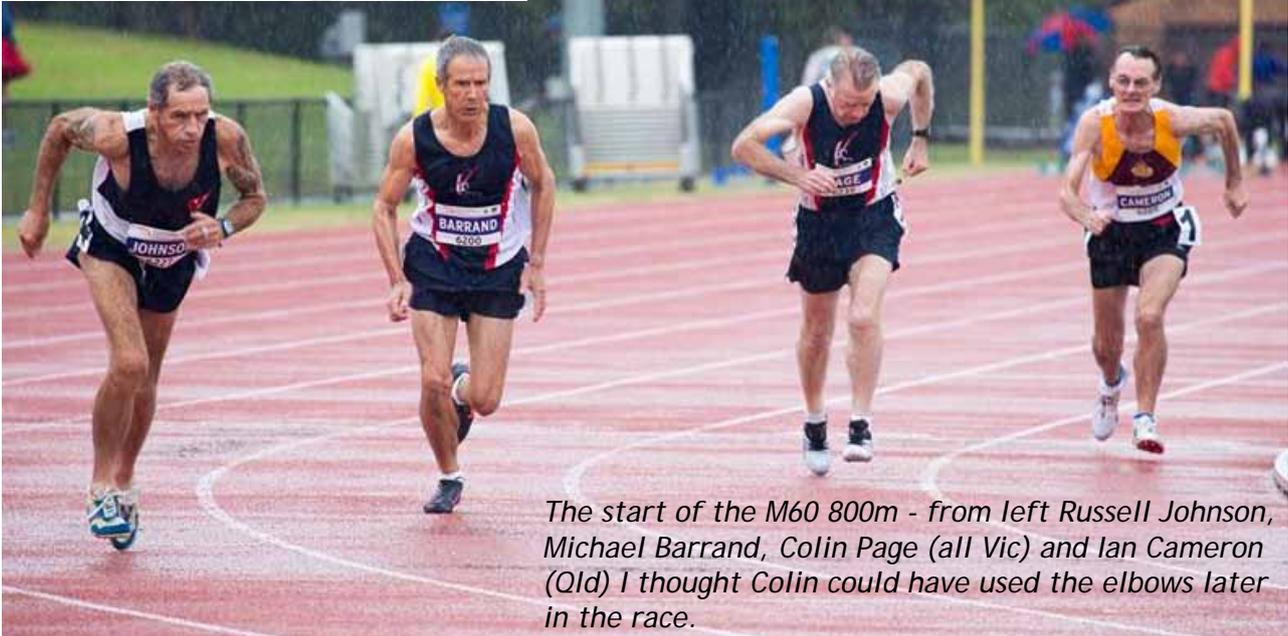
### M75

2 Oakley, Russell 3:09.27

8 Howes, John 4:02.55

### M80

4 Silcock-Delaney, Colin 5:26.78



*The start of the M60 800m - from left Russell Johnson, Michael Barrand, Colin Page (all Vic) and Ian Cameron (Qld) I thought Colin could have used the elbows later in the race.*

## Men 1500 Meter Run

<b>M40</b>	
1 Simon, Cameron	4:28.31
<b>M45</b>	
1 Schwerkolt, Rob	4:24.03
<b>M50</b>	
1 Cook, Allan	4:35.45
2 Egginton, Andrew	4:43.39
<b>M55</b>	
1 Quirk, Steven	4:45.83
<b>M60</b>	
2 Pearce, Terry	4:53.26
3 Barrand, Michael	5:23.12
4 Page, Colin	5:23.78
<b>M65</b>	
1 Solomon, Kevin	5:10.65
<b>M70</b>	
4 Orelli, Michael	7:30.97
<b>M80</b>	
3 Silcock-Delaney, Colin	10:30.26
<b>Men 5000 Meter Run</b>	
<b>M40</b>	
2 Draper, Shane	17:08.10
<b>M45</b>	
2 Schwerkolt, Rob	16:32.12
3 Simpson, Grant	16:54.20
<b>M50</b>	
8 Dell, Tony	20:32.50

<b>M55</b>	
1 Quirk, Steven	17:05.68
<b>M60</b>	
2 Pearce, Terry	18:24.57
9 Johnson, Russell	20:36.08
<b>M65</b>	
1 Solomon, Kevin	19:32.04
2 Bence, Peter	20:13.49
<b>M70</b>	
6 Orelli, Michael	26:46.42
<b>Men 10000 Meter Run</b>	
<b>M55</b>	
1 Quirk, Steven	35:15.28
<b>M45</b>	
3 Simpson, Grant	36:34.79
<b>Men 8k Run CC</b>	
<b>M40</b>	
1 Draper, Shane	29:40
<b>M60</b>	
7 Johnson, Russell	35:24
8 Page, Colin	35:34
<b>M65</b>	
1 Solomon, Kevin	34:08
5 Bence, Peter	35:52
<b>M70</b>	
5 Orelli, Michael	47:20



Steve Quirk sets off to win the M55 5000m.  
One of his 4 brilliant wins in Sydney.



### Men 110 Short Hurdles (99.1cm)

M45

3 Hennig, Shawn 20.55 +0.0

### Men 100 Short Hurdles (84.0cm)

M60

1 McConnell, David 19.15 -0.9

### Men 400 Long Hurdles (91.4cm)

M45

2 Hennig, Shawn 65.63

### Men 300 Long Hurdles (76.2cm)

M60

2 McConnell, David 52.00

### Men 3000 Meter Steeplechase (91.4cm)

M40

1 Simon, Cameron 10:25.62

M45

1 Simpson, Grant 10:28.10

4 Romeo, Fabrizio 16:06.28

M50

5 Dell, Tony 13:27.25

### Men 2000 Meter Steeplechase (76.2cm)

M60

2 Holden, Geoff 7:45.26

M70

4 Egan, Elwyn 12:06.61

M80

2 Silcock-Delaney, Colin 14:51.19

### Men Long Jump

M45

4 Italia, Rob 4.70m +0.0

6 de Vries, David 4.22m +0.0

8 Romeo, Fabrizio 3.66m +0.0

M50

1 Hodgson, Nick 5.30m 0.4

M65

1 Howden, Keith 3.96m +0.0

M75

1 Noden, Graeme 3.99m +0.0

4 Wood, Allan 3.10m +0.0

Nick Hodgson jumped beautifully to win the M50 Long and Triple Jumps





## Men Triple Jump

<b>M45</b>		
1	Italia, Rob	9.97m 0.3
3	de Vries, David	9.18m 0.3
<b>M50</b>		
1	Hodgson, Nick	12.39m +0.0
<b>M55</b>		
2	Olsson, Paul	9.72m +0.0
<b>M60</b>		
3	Riddoch, Clyde	7.67m 0.2
<b>M70</b>		
1	Poulter, Jim	7.97m +0.0
<b>M75</b>		
1	Jacotine, Julian	8.68m 0.9

## Men High Jump

<b>M45</b>		
1	Hennig, Shawn	1.60m
2	Simpson, Grant	1.55m
<b>M60</b>		
2	Riddoch, Clyde	1.15m
<b>M75</b>		
2	Hancock, Thomas	1.15m
3	Bradford, Tony	1.05m
5	Wood, Allan	0.95m

## Men Pole Vault

<b>M40</b>		
1	Newman, Alexander	3.00m
<b>M60</b>		
1	Riddoch, Clyde	1.40m
<b>M65</b>		
1	Schillinger, George	3.10m
<b>M70</b>		
2	Poulter, Jim	2.30m



## Men Shot Put

<b>M45</b>		
6	de Vries, David	8.64m
7	Romeo, Fabrizio	8.31m
<b>M55</b>		
1	Peska, Stan	12.14m
<b>M60</b>		
9	Riddoch, Clyde	8.26m
<b>M65</b>		
1	Young, Peter	10.82m
<b>M70</b>		
4	Tonelli, Didimo	9.42m
8	Amerasekera, Errol	7.70m
<b>M75</b>		
2	Hancock, Thomas	9.95m
5	Bradford, Tony	7.01m
6	Simons, George	6.45m

## Men Discus Throw

<b>M40</b>		
4	Newman, Alexander	28.58m
<b>M45</b>		
6	de Vries, David	25.30m
8	Hennig, Shawn	24.70m
9	Romeo, Fabrizio	19.93m
<b>M55</b>		
4	Peska, Stan	31.65m
<b>M60</b>		
6	Riddoch, Clyde	31.74m
<b>M65</b>		
5	Young, Peter	31.04m
<b>M70</b>		
6	Tonelli, Didimo	25.21m
7	Amerasekera, Errol	24.90m
<b>M75</b>		
1	Hancock, Thomas	28.36m

## Men Hammer Throw

<b>M45</b>		
5	de Vries, David	30.07m
7	Romeo, Fabrizio	18.39m
<b>M55</b>		
3	Olsson, Paul	35.28m
5	Peska, Stan	26.54m
<b>M60</b>		
7	Riddoch, Clyde	23.14m
<b>M65</b>		
4	Young, Peter	27.43m
<b>M75</b>		
2	Hancock, Thomas	33.34m
3	Priestley, Ken	33.28m
6	Stobaus, Ron	19.39m



### Men Javelin Throw

#### M45

4	Hennig, Shawn	38.02m
7	Romeo, Fabrizio	26.52m

#### M55

5	Peska, Stan	37.64m
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#### M60

3	Riddoch, Clyde	28.63m
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#### M65

2	Young, Peter	30.17m
---	--------------	--------

#### M70

3	Tonelli, Didimo	28.27m
---	-----------------	--------

7	Amerasekera, Errol	23.04m
---	--------------------	--------

#### M75

1	Hancock, Thomas	30.95m
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4	Wood, Allan	21.29m
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5	Noden, Graeme	21.04m
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6	Bradford, Tony	19.63m
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*Fab Romeo*

### Men Weight Throw

#### M45

4	de Vries, David	10.70m
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6	Romeo, Fabrizio	7.12m
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#### M55

3	Olsson, Paul	12.78m
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#### M60

5	Riddoch, Clyde	10.76m
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#### M65

3	Young, Peter	11.50m
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#### M75

2	Hancock, Thomas	13.57m
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3	Priestley, Ken	13.40m
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### Men Outdoor Pentathlon

#### M40

2	Pittman, Geoffrey	2359
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#### M45

1	Hennig, Shawn	2601
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2	Romeo, Fabrizio	942
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#### M50

3	Egginton, Andrew	2636
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5	Dell, Tony	2167
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#### M60

1	McConnell, David	2439
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#### M75

1	Bradford, Tony	2202
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2	Wood, Allan	1851
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*Geoff Pittman*

### Men Weight Pentathlon

#### M45

5	de Vries, David	2393
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6	Romeo, Fabrizio	1799
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#### M55

3	Peska, Stan	2919
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4	Olsson, Paul	2654
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#### M60

5	Riddoch, Clyde	2300
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#### M65

3	Young, Peter	2985
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#### M70

6	Tonelli, Didimo	2600
---	-----------------	------

#### M75

2	Hancock, Thomas	3761
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## Men 1500 Meter Race Walk

<b>M40</b>		
1	Patterson, Adam	9:13.86
<b>M55</b>		
1	Donahoo, Mark	6:59.52
<b>M60</b>		
2	Riddoch, Clyde	8:17.08
<b>M65</b>		
1	Jamieson, Andrew	7:15.85
3	Dickenson, Russ	8:27.29
<b>M75</b>		
2	Beaumont, Ian	12:15.22
<b>M80</b>		
1	Silcock-Delaney, Colin	11:48.61

## Men 5000 Meter Race Walk

<b>M40</b>		
1	Patterson, Adam	33:50.25
<b>M45</b>		
2	Smyth, David	28:08.79
<b>M50</b>		
2	Evans, Simon	26:36.64
<b>M55</b>		
2	Moritz, Paul	33:28.55
--	Donahoo, Mark	DNF

<b>M60</b>		
2	Riddoch, Clyde	30:35.60

<b>M65</b>		
1	Jamieson, Andrew	24:54.01
3	Dickenson, Russ	29:46.83

<b>M75</b>		
2	Beaumont, Ian	42:15.41

<b>M80</b>		
1	Silcock-Delaney, Colin	41:40.76

## Men 10000 Meter Race Walk

<b>M40</b>		
1	Patterson, Adam	1:10:46

<b>M45</b>		
2	Smyth, David	59:54

<b>M50</b>		
1	Evans, Simon	56:06

<b>M55</b>		
1	Donahoo, Mark	58:58
3	Moritz, Paul	1:09:42

<b>M60</b>		
2	Riddoch, Clyde	1:07:39

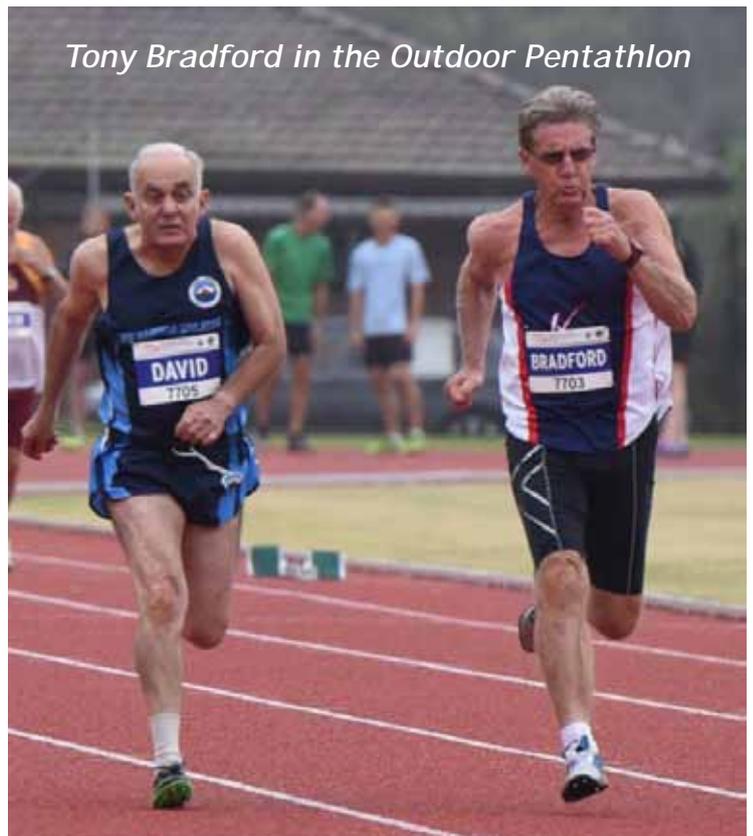
<b>M65</b>		
2	Dickenson, Russ	1:02:41
--	Jamieson, Andrew	DNF

<b>M75</b>		
2	Beaumont, Ian	1:25:28

*Andrew Egginton*



*Tony Bradford in the Outdoor Pentathlon*



## SIGNS YOU MIGHT SEE WHILE RUNNING A MARATHON

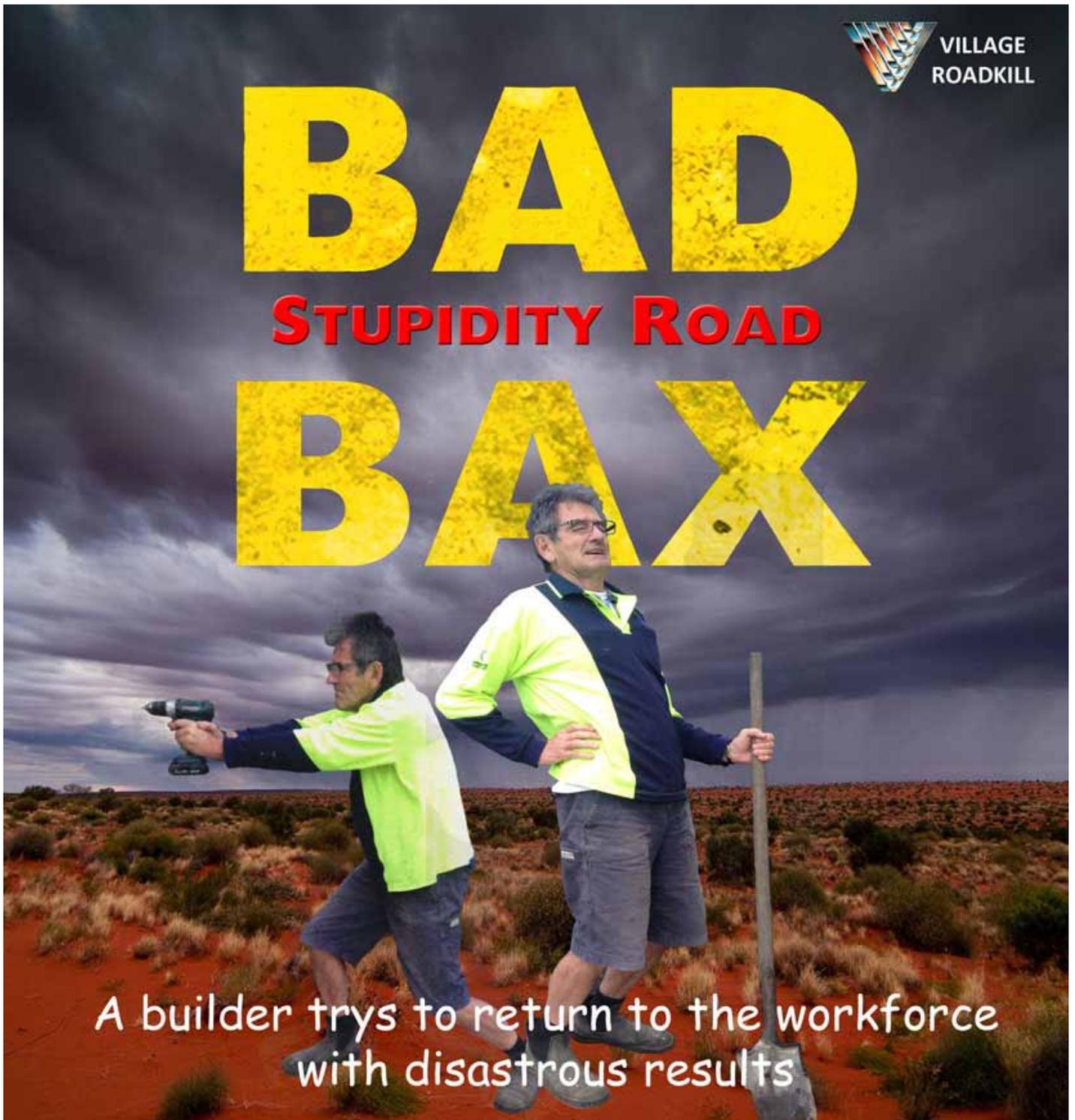


# SIGNS YOU MIGHT SEE WHILE RUNNING A MARATHON



You might have noticed that I like playing around with cartoons and graphics. Well, after several years in retirement I decided recently to do a couple of building jobs for friends. Talk about aches and pains. After a day's digging I could hardly straighten up. Then I kept seeing the new Mad Max film's posters everywhere.

So here we go...



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## Victorian Masters Athletics Inc.

### Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
CASEY	160 Berwick - Cranbourne Rd, Cranbourne East Monday nights, 7-9pm	Melway134 E8
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
GLEN EIRA Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. <b>Sunday, field events</b>	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, <i>Fortnightly in winter on Sunday at 9:00 am</i>	Melway 169 E6

## Victorian Masters Athletics Inc.

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