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FOOTPRINTS

OCTOBER/NOVEMBER
2020



WE WON'T FORGET JIMMY





You could live for 96 years, and there's every chance you wouldn't meet someone like Jimmy Sinclair. This month we lost our most loved member. My lasting memory of Jimmy is when we went to Rio after the Porto Alegre World Championships. We went out for a late dinner and there he was, sharp as a tack, loving his life, laughing and joking with everyone. He was nearly 90 and bright as a button.

We finally had our AGM. It was online, and it went ok. We list the awards and changes to the Committee on P.4-6.

There is now hope of Victoria returning to some kind of "new normal" with our infection numbers dropping. When you look at Europe though, you wonder for how long.

Our Membership is now open for 2021 and we have kept our fees as they have been since 1887, but we have also offered a hardship discount for those who find themselves in trouble. I know you didn't get full value for this year's fees but in fact, many of our expenses have continued and some Venues may have to pay some rentals for the lockdown period. Still, I think what we have done is fair and this break will have made us realise how good for us it is to be a Member of this club.

We have cancelled all Browne Shield events for 2020 but we have it in mind to hold a special event or two once we get back together.

We mention it overleaf, but at a recent AMA Committee meeting it was decided that a decision on the future of the 2021 Nationals in Canberra will be made on December 16. As of now, we are going ahead and I hope that's the case. After the disappointment of Brisbane 2020 we badly need a get together.

It's good to see some Venues running virtual events. It keeps us in touch with each other and from what I am seeing, a lot of our people are not letting up on the running. If you have let things slip, the sooner that you get back out there the better. We seem to be very close to being able to run with small groups again.

I'm looking forward to seeing you all soon, and having some results to report.

Watching those numbers dropping and hoping,

Russ Dickenson

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NEWSFLASH

Departing VMA Secretary, Phil Urquhart has been elected as President of Australian Masters Athletics.

AMA Board 2020/2021 announced after AGM
28/09/2020

President: Phil Urquhart
Vice President: Steve McGugan
Secretary: Donna Hiscox
Treasurer: John Clark

Board Members:
Jayne Hardy,
Lisa Attenborough,
Stan Perkins,
Judy Farrell

Congrats Phil

MASTERPIECES

MEMBERSHIP RENEWAL

OR NEW MEMBERS

As usual our Membership portal is open from 1st October and the link is :

<https://www.registernow.com.au/secure/Register.aspx?E=41022>

Alternatively, there is a paper entry form on P.47-48

2021 National Championships, Canberra

The ACT LOC and AMA have met to discuss the way forward for the AMA National Championships scheduled to take place in Canberra in early March.

The following was decided:

- Planning will continue for the Championships but financial commitments will be minimised.
- Entries will not open until the new year
- The LOC and AMA will meet on December 16th at which time a go/no go decision will be made. This will be based primarily on whether the status of border re-opening can allow us to hold a meaningful championships, and whether the LOC are comfortable that a safe championships can be achieved.

Of course even if we say 'go' it is possible that a sudden covid 19 spike could cause late cancellation Postponement to early next season has not been ruled out

What's On

Any queries on Browne Shield races can be directed to Peter Thorne on 0427 880 143 or peterthorne@gmail.com - **Browne Shield Event #**

2020

Oct 3-5

2019 AMA Winter Throws (Virtual) Championships - *Wollongong* - **Entries now closed**

Oct 10-17

Alice Springs Masters Games - **CANCELLED**

2021

Jan 17-23

2021 Oceania Masters T&F Champs - *Norfolk Island* - **RE-SCHEDULED TO 2022 (SEE BELOW)**

March 5-8

2021 AMA Championships - *ACT* - **See note above**

March 20

World Athletics Cross Country Champs - *Bathurst* - **POSTPONED**

July TBA

World Masters Athletics T&F Championships - *Tampere, Finland 9 October - Saturday 16*

Oct 9-16

Australian Masters Games - *Perth* - www.australianmastersgames.com/ - **CANCELLED**

2022

Jan 10-14

2021 Oceania Masters T&F Champs - *Norfolk Island* - www.oceaniamastersathletics.org

Date TBA

WMA Indoor Championships - *Edmonton, Canada*

2023

Date TBA

World Masters Athletics T&F Championships - *Gothenburg, Sweden*

AWARDS FROM THE A.G.M.

LIFE MEMBERSHIPS



Russell Oakley

Russell has been our President for 13 years. He has overseen a very successful period for VMA including staging two National Championships (in 2012 and 2019). He has been on the LOC for both, and he and Annette (Annie Oakley) have capably handled the Medal presentations and Ceremonies for both. Russell has represented our club as a council delegate at the A.M.A. AGM, for over 10 years and has liaised with Athletics Victoria (not always an easy job) for most of his term. At 80 years, Russ is still a good mover and competes in most State and National Championships.

Congratulations Russ



Phil Urquhart

Phil has been VMA Secretary for 10 years and everyone would agree that he has done a superb job. Phil's intelligence coupled with a calm demeanour, has made him a man to be listened to and he invariably makes the right decision. Such is his stature within the masters community that he has been sought out by several other States and asked to stand for President of the AMA

Congratulations Phil



Russ Dickenson

I have edited Footprints for eleven years and it has fitted in nicely with my retirement. I have been on the VMA Committee for most of that time. My aim with Footprints was to make it more of a magazine than a results sheet. Also, to make it informative and of interest to those members who do not necessarily compete or even venture outside of their home Venue. At all times, I have tried to make it a serious document with no frivolity or light-heartedness.

Congratulations Russ.
(Why, thank you, Russ)

SERVICE AWARDS



Jack Frederickson

Jack was one of the original members of East Burwood VMA venue when it was established in 1983. He was a co-manager in 2006 and 2007 and again in 2014. Since then he has been an Assistant Venue Manager. East Burwood has a very active field events programme, which is entirely due to the efforts of Jack. When he was unable to run he took on the job of organising the field events for the venue. For over ten years he has conducted a shot put, discus, javelin or long jump event each week. He organizes handicaps and nominate your own distance events. He keeps meticulous records of everyone's performances. He also provides coaching for those athletes who are new to field events, as well as those who are more experienced, but in need of a little assistance. Some of these have gone to successes in championships. He is a custodian of the keys, so opens up each Thursday, and he is always the last to leave as he makes sure that all the lights are off and all the doors locked.

SERVICE AWARDS (cont)



Gerald Burke

In 2001 he became a regular athlete at the East Burwood Masters venue. Each week he would compete in a wide range of track events. As the years have caught up him, he now restricts his races to the walks. Gerald is one of those people who is always ready to help. If there is a gap to be filled in the duties, he quietly slips in and gets the job done so that the night's activities continue smoothly. His regular attendance and willingness to help, meant that for most of his time at East Burwood he has been an Assistant Venue Manager. Gerald often fills in when the Venue Manager is away. With Jack, he opens and locks up on Thursdays. Each week he acts as starter, time-keeper, video recorder or finish judge. He writes an article each week for inclusion in the Whitehorse Leader. with his wife, Anita, organises the catering for the Christmas party each year. Most importantly, he drives Eddie Stack home each week.



Janine McKerron

Janine has been a member of Glen Eira Venue for 15 years. She has always been an active participant and the first to put her hand up when anything needed doing. She has been a vital member of our venue committee for the last seven years and for the last five years, has taken a large part of the responsibility for organising our 'Legends' event each year, with three neighbouring venues. Janine is our 'meet and greet' person and always makes new members feel welcome. She has no doubt played an important part in the significant increase in venue numbers we have enjoyed over the last few years, introducing several new members and encouraging other new members to continue with us. She also manages the venue facebook page. When she is not running, Janine is always one to help out on a Tuesday night at Glen Eira and elsewhere at VMA events and Championships.



Andrew Edwards

Andrew has been a member of the Glen Eira Masters venue for 20 years, serving as our venue manager for the last 8 years. In his role as manager, Andrew sacrificed many of his own opportunities to compete, generally looking after timekeeping and results. He was always the last person to leave after locking up. Andrew has regularly attended monthly meetings with Glen Eira council and other venue users and has been diligent in applying for available grants from council to defray venue costs. Andrew has also been a member of the VMA committee and has served as Treasurer for the last three years. He has been a very active volunteer at VMA and AMA Championships. Although he is stepping down as manager this year, Andrew will continue as a member of our venue committee where his invaluable experience will be a great asset.



John Hallo

John started with Masters athletics way back in 1989 with the Mentone Venue. John moved to the Frankston Venue from 1997. At the Frankston Venue John willingly performs many important roles that are so important to make Thursday nights an enjoyable night. Notably John has been Co Venue Manager for four years Managed the Frankston Masters Walking events at weekends for 10 years; Been the long standing starter for as long anybody can remember; Looked after the Treasury for 12 years; A long term "meet and greeter" to new prospective members to ensure the new members know what's going on and feel comfortable competing at Frankston Masters. It is because of John that these prospective members came back the next week and became regular members. The importance of this role cannot be overstated. John is a fine race walker and has competed (and regularly medalled) at State Championships. John , also regularly volunteers at these Championships.

SERVICE AWARDS (cont)



Kath Gawthorne

In 2017 Kath took on the role of Doncaster Venue Manager, which also involved her taking on the role of newsletter editor, a job she excelled at. She was often first to arrive and always last to leave, sometimes sacrificing her opportunities to run to ensure the smooth running of the competition. Kath was heavily involved in the organisation of the first Inter-Venue Challenge in 2018, documenting duties for volunteers and officials and spending much of the day behind a video camera, to allow for electronic times. She has also volunteered at the VMA pentathlon championship for the last few years, videoing and processing times for the sprints. She was an active volunteer at the Victorian Masters Championships as well and went to Darwin for the Australian Championships to support her fellow athletes and help officiate.

COMMITTEE - ADDITIONS

Margaret Hunter

Margaret has been on the Committee for a year but now officially assumes the position of Assistant Secretary. A great friend of the late, legendary Frank McGuire-but unable to compete these days because of injuries, she brings a wealth of experience as a key Official and volunteer for over 40 years with both Little Aths and Athletics Victoria. Margaret often officiates at Throwers Group at Glen Eira. Margaret has also put her hand up to be our first Member Protection and Complaint Handling Officer. We wish her well in her new roles.



Simon Evans

Simon is a long term member of VMA as well as being a member of Box Hill Athletics. He is one of our elite walkers and is a regular competitor in State and National Championships. Simon works in finance and is the ideal person to take over the Treasurers' position.

Judy Pfanner

Judy joined the VMA Throwers in late 2004 before going to Canada for the World Masters Games in 2005. She loved the Throwers meets at Duncan Mackinnon on Sunday afternoons and gradually became more involved and took on the "Out of Sector" Editor duties in mid-2005. Judy was an invaluable part of the LOC for both the 2012 and 2019 Nationals in Melbourne and has been the "go to guy" for logo and other design jobs over the years. She will be a great addition to the VMA committee.



COMMITTEE - DEPARTURES

Graeme Rose

Committee and Throwers Group stalwart, Graeme Rose decided not to stand for Committee this year, but remains as Throwers Venue Manager. He has been a tremendous contributor over many years, running the throwers and acting as Chairman of the LOC for the 2012 National Championships in Melbourne. He was also a major contributor in 2019 focussing on the throws. Graemes' wife Astrid was a very efficient Registrations Officer for many years and both are club Life Members. We wish them both well

Andrew Edwards

As mentioned above, Andrew has vacated the Treasurers position. Thank you Andrew for your service.

Victorian Masters Membership Protection and Complaint Handling Officer

Margaret Hunter has recently undertaken training as our Member Protection Officer focussing on managing complaints and issues that may arise from time to time at Masters venues. The training entailed learning about working with Masters members on these matters, so that any occurrences can be resolved or managed if this is not the case. Margaret is available on the following email address assistantsecretary@vicmasters.org.au or on 0417 323 460 if required.

Victorian Masters Athletics - Secretary Position.

Now we know that Phil Urquhart is a hard act to follow but we believe that you can do it !

The Secretary's job is a responsible one, but is very rewarding as you see your ideas on events like the State Championships, The Browne Shield come to fruition. You would liaise with the Venues, take part in all promotional activities, and have a say in pretty much everything that happens in our club. We have a great bunch of people involved and the future for our club is looking great.

Contact Phil on 0419357823 or secretary@VicMastersAths.org.au

Maintenance Person - VMA Throwers Group.

For years, Graeme Rose and Ken Priestley have looked after all of the clubs' throwing equipment, kept at Duncan McKinnon Reserve.

We are now looking for one or more people to take over this role. It would be good if you are a thrower but it's not essential. Some of the equipment needs cleaning, painting and occasional repair. Graeme or Ken would be able to show you the ropes (and chains and cables).

Contact Phil Urquhart on 0419357823 or secretary@VicMastersAths.org.au



Judy Pfanner has designed a new logo for Australian Masters. The brief was to keep the kangaroo, southern cross & basic colours and to tie in with the Athletics Australia logo as we move to have closer relationships with them.

Looks great !



MASTERPIECES

2020 AMA 20k Walk

As this event is now being held as a Postal event, and as all the other States have completed their events, we are holding up the show.

The organiser, George White, is holding the event open for us as long as he reasonably can, but it is doubtful that we will be able to stage our walk in time.

Still, a dozen Vics have now put their hands up as keen to walk, so all we can do is wait and see.

If things miraculously change we will let you know a.s.a.p.



GREAT NEWS!!!

\$250,000 has been awarded for lighting upgrades of Rieschiecks Reserve in East Doncaster.

The new lighting is part of a larger project to upgrade the Tom Kelly Athletics Track and the hammer throw area, to provide modern facilities for the community, and allow for twilight training to occur, benefiting many groups in the area.

The project is one of 100 to benefit from more than \$30 million via the Victorian Government's Local Sports Infrastructure Fund.



Doncaster conducts a "Zoom" meeting. In attendance (L to R) - Graham Ford, Angela Edwards, Andrew Close, Darryl Kilmartin, Kath Gawthorn, Katrina Phillip, David McConnell, Don McLean, Barry Dorr, Elizabeth Grover, Shaun Wright and Jeffrey Sim.



MASTERPIECES

Otago runner Robbie Johnston bagged a record on Saturday but it was one he did not want. Johnston (53) was disqualified from the Masters Men's 50-54 race at the New Zealand cross-country challenge at Chisholm Links on Saturday for spitting.

Yes, having a hoick, or two, put Johnston out of the race, which he won – or was first across the line.

Johnston said he felt it was a bit harsh that he had been disqualified.

“I suppose with the Covid rules they have brought this in but it seems a bit over the top. If I was feeling crook then I wouldn't have run anyway,” he said.

The information sheet given out at the event said no spitting or discharging of mucus would be allowed and anyone doing that in an offensive manner could be disqualified.

Like race walking those that spat would face a yellow card which would be a warning followed by a red card for disqualification.

The two-time Olympian said he never saw any cards and was puzzled that only the masters race was seen as having runners who broke the rules around spitting though Johnston was the only one disqualified.

“When you are running hard you do get *phlegm** in your mouth and I was running hard. But I can not remember spitting. I saw people spitting before the start of the race.”

Johnston was not too disappointed with the disqualification.

Athletics Otago chairman Kevin O'Sullivan, who helped run the event on behalf of Athletics NZ, said athletes traditionally do spit but in these Covid-19 times athletes had to be careful and follow the rules.

It was an understandable lapse from Johnston, O'Sullivan said.

Senior men's winner Hayden Wilde said after his race he was wary of not spitting during the race.

* *phlegm or spit* are not terms we would normally use in this publication. “Land clam”, “footpath oyster”, “lung cheese” or “Marlboro pudding” seem more dignified.

Kevin Castille, a former crack cocaine dealer who went on to hit the headlines as a Masters World Record holder, has received a four-year doping ban.

Castille, a high school runner who was jailed in 2001 aged 29 for selling crack cocaine, became one of the most inspiring stories in running as he competed in the US Olympic trials and set numerous age-best world records.

He is on the list of doping violations issued for July by the Athletics Integrity Unit after testing positive for the banned anabolic steroid nandrolone at the USATF Masters 10K Championships in Dedham, Massachusetts on April 28 2019, which he won by 90 seconds in 30min 47sec.

After completing his prison sentence, Castille ran a personal best of 28:49 for the 10,000 metres to qualify for the Olympic trials. In 2012, three weeks after his 40th birthday, he set a US over 40 10,000m record of 28:57.88 and went on to break numerous other national age group records.



Kevin Castille

Many of you will know of Stewart Marshall who runs the WMA web site. Stew also won the M35 400m in Malaga.

During training one day, he was becoming easily out of breath (first clue) but he ignored it. However, the next day was horrific, his symptoms worsened severely and he was bed bound where he stayed pretty much for the week. The only symptom he hadn't shown was the dry cough, but he was able to be tested, and it was confirmed that he had contracted [COVID-19]. “Not gonna lie, the week has been sobering to say the least. I am lucky as I write this that I am starting to feel better”.

MASTERPIECES



Howard Rees of Springvale Venue has taken up “artistic” running. (on right)

It looks like a pretty good likeness of Guy Smiley from Sesame Street to me.

Howard was knocking out some pretty good times at Frog Hollow parkrun, back in the day. Pre - Covid.

Also starring at Frog Hollow were Alan Bennie, Bill Irvine and Neil Gray.



Kath always tells me when I come home from coffee that I have a “cappuccino smile” - that is, a chocolate semi circle on my dial.

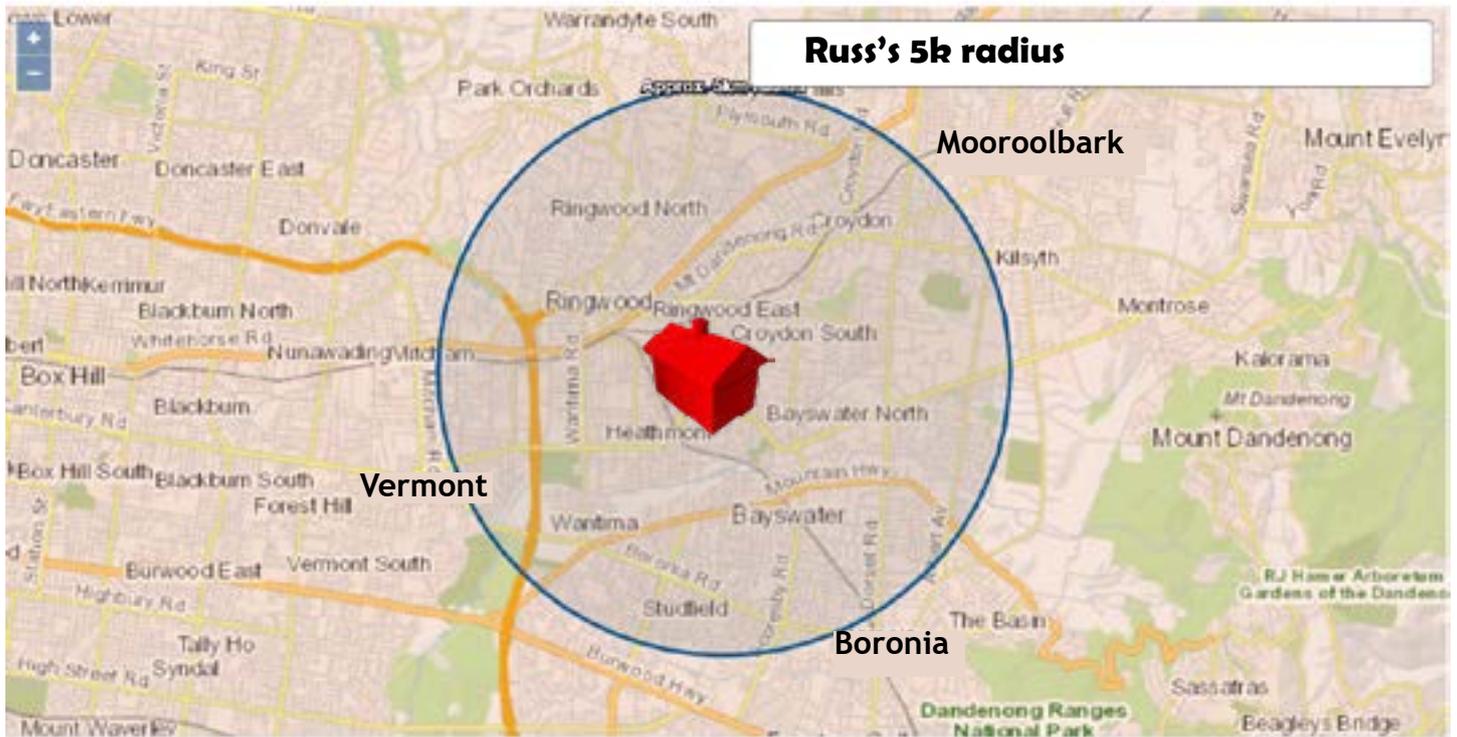
So now, instead of licking my chops madly or looking for a mother figure to spit on a hanky and wipe my face....*I just pull up my mask.*

Look for a positive



MASTERPIECES

Why 5k is killing me



I am an inveterate traveller at heart
To travel 6k would be a great start

I feel so restricted and that is my issue
It's not as if I need to go to Mogadishu (9943k)

I'm only asking, Hells' Bells
To be able to run at Jells (17k)

If Dan would only give me a break
I want to run around Lillydale Lake (14k)

I long to walk the streets of Boronia
But after you do the police may phone ya (7k)

Really would it be courting disaster
If I went 11ks to Doncaster ?

I feel like Vermont is at my front gate
But I look at the map and it says it's eight

Maybe I'll wait until it's dark
and sneak around to Mooroolbark (9k)

Am I really turning meek
In not showing up at Ferny Creek (19k)

It's like I'm having hunger pangs
To run around the You Yangs (99k)

When this thing is at it's end
I'm going to run at Yarra Bend (27k)

Oh come on, please, help me Dan
I want to go and run the Tan (31k)

“Mr 400 Metres”

Seldom will you see someone “own” an event as Andrew Wilcox does the 400 metres.

Mostly, given our 5 year age groups, people struggle to win in the last year or two before going up a division. But not Andrew.

He can win at 100m and 200m - he’s got the speed. But, to put that speed in to an event that requires endurance as well and that’s where he excels.

We go through Andrew’s early days as a brilliant Open age and pro runner and then his domination of the 400m in Masters athletics culminating in his win at the World Indoor Masters Championships in Torun.

Andrew also won the AMA 2019 Athlete of the Year Award for Sprints and Hurdles.



Andrew started his athletics career when he was 15, by following his sister to the Doncaster Athletics club. His sister Leanne was a State level sprinter in the Raelene Boyle era and she introduced him to the then club coach, John Hurst. It quickly became apparent that he was a sprinter and John being a middle distance coach, moved him on to his father, the famous “Pro” coach Monty Hurst.

He rose rapidly under Monty in the early years and won the AGS combined athletics 100m and 200m for Camberwell Grammar. Andrew then went on to win the Victorian All Schools 200m and was second in the 100m. Importantly, at the same meeting, he had his first crack at the 400m and came third.

He broke many Doncaster club records over the early years and narrowly missed the Victorian Under 20 200m record, then held by Gerrard Keating, who was the national open 100m record holder at the time.

His time with Monty came to end and he moved on to Peter Fortune, who would later train Kathy Freeman to an Olympic Gold Medal. Monty was a great coach, but had eyes only for the Stawell gift. Andrew, by this time had his sights on the 400m.

He stagnated under “Fort” and went to train with the best 400m in runner in the State and all-time great - Robert Stone, under Alan Barlow at Box Hill.

Under Alan and chasing “Stoney”, along with his good friend Leigh Millar, he ran PB’s over 100, 200 and 400m. Only the 100m time would later be broken

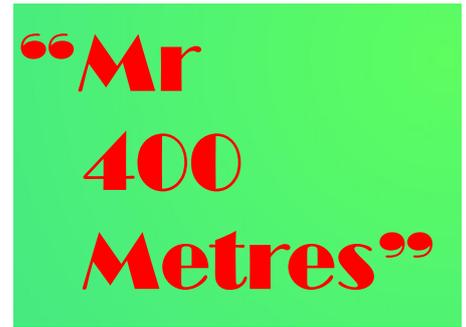
Making the 400m his specialty he made many Open and National 400m finals and placed in many Grand Prix’s

He led the 1990 Melb Grand Prix 400m against the best field in the country, to get pipped on the line by the legendary Darren Clark for second in 46.46

Running from scratch at Olympic Park he won a pro race in 45.41, running around the field. He also won a straight 300m pro race on grass from scratch in 32.6

Andrew just missed out on the 1990 Auckland Commonwealth Games - qualifying just after the date required. The event was won by Darren Clark with Robert Stone 4th.

Andrew was in the 92 Barcelona Olympic



squad, but he ruptured his achillies 7 days prior to leaving Australia. He was to have 4 more achillies ruptures in the following years.

Andrew moved on to coach Shane Lawson after the retirement of Alan Barlow and with Shane he ran his 100m PB (10.6) and ran just a few metres shy of his 400m PB.

Highlights from that time :

- Made several more national 400m finals and placed in more Grand Prix.
- Runner up at the prestigious Pro Race - Bendigo Black Opal - in a photo finish from the back mark.
- Won the prestigious pro race - Camden Classic 400m - from the tightest winning mark since 1984
- Ran 2nd in the Stawell Gift semi final, to be pipped on the line by Englishman Christian Malcolm (World Indoor Champ). Missed Stawell gift final, even though he had the 3rd fastest time of the meet.. Winners only.

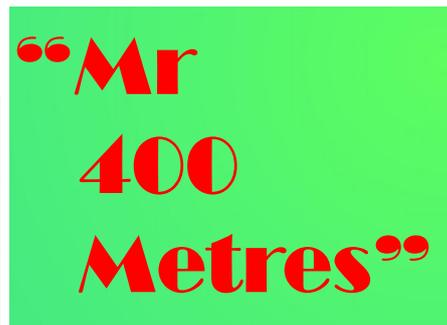
Andrew became aware of World Masters, but had other goals. He was still running under 47 seconds in the 35-39 category and later looking at the results, would have won the Worlds by several seconds ! A big regret now.

Andrew didn’t run Masters until he was 40, with the exception of the World Masters Games in Melbourne in 2005, which he ran as a one off and won the M30 400m beating Olympian Mark Ladbrook. He was carrying an injury at the time and was disappointed with 49.41, but considered himself lucky to finish. He tore his “hammy” in the next race.

Andrew again ruptured his achilles at 39 in the LaTrobe Gift final. That one took a long time to recover and his times dropped from sub 47 to 52 minutes for the 400m. While he had recovered from all the others well and bounced back well, this one was the straw that broke the camels’ back and he feels he never fully recovered and found the spring he once had.

ANDREW WILCOX AT THE A.M.A. NATIONALS

VENUE	AGE GROUP	PLACE	TIME	AGE GRADED
PERTH 2010	M40-44 (age 41)	1st	52.80	88.09%
BRISBANE 2011	DID NOT COMPETE	-	-	-
MELBOURNE 2012	M40-44 (age 43)	1st	52.53	89.80%
CANBERRA 2013	M40-44 (actual M44)	1st	52.65	90.24%
HOBART 2014	M45-49 (age 45)	1st	51.92	92.18%
SYDNEY 2015	M45-49 (age 46)	1st	51.36	93.81%
ADELAIDE 2016	M45-49 (age 47)	1st	52.89	91.72%
DARWIN 2017	M45-49 (actual M48)	1st	51.28	95.28%
PERTH 2018	M45-49 (age 49)	1st	53.43	92.06%
MELBOURNE 2019	M50-54 (age 50)	1st	53.67	92.29%



The above table shows his terrific record at the AMA Champs and when you add in 5 wins and a DNF from 6 outings in the Victorian Masters Championships it's little wonder I call him "Mr. 400 Metres"

World Masters Athletics Championships in Malaga 2018

Andrew was on the comeback trail from ankle surgery following a broken ankle the winter prior. He missed the whole winter and most of the summer and just got back in time for the Perth Nationals and won the 400m, but struggled to run out the race. He trained well between Nationals and Malaga where he was the oldest man in the field for the 400m in Malaga, just prior to turning 50. He ran conservative in his heat and semi to conserve his body for the final. He ran a very good race in the final with a strong finish for 3rd, beating many who outranked him that year (ranked 7th in that field). Joined up with his fellow Vics - Mark Giglio, Nathan Crowley and Shane Ezard - to win the gold in the 4x400 relay.

World Masters Athletics Indoors Championships in Torun 2019

Inspired by his showing in Malaga, Andrew continued to build after Malaga, as still overcoming the ankle setback. Started doing some speed work with fellow masters athletes Mark Giglio and Mark Harper. He had a great Pro summer making the final of ever race he ran, and winning 4 titles. He felt he was in sub 50 sec 400m shape, when he injured his calf just prior to the Bendigo Black Opal in early March. This was to be his lead in race to Torun, so he ran heavily strapped and injured his achilles - again !! He then needed complete rest until Torun. The warmup for the 400m heat in Torun was the first step he had run since Bendigo and the achilles was sore to jog a lap on. He was doubtful that he would finish. A quick diagnosis revealed no major tendon damage, but acute inflammation - so he decided to have a go. He limped around his heat, doing just enough to win and finish. Prepared better for semi with anti-inflams, anaesthetic patches and icing the achilles till it was numb just prior to call room. He was still proppy but won semi comfortably in fastest qualifying time for final.

Ran smart race in final to sit 2nd at the cut and use his second half strength to power home to a pretty easy win in the end.

Andrew was happy to have won and still is, but the time could have been so much better if he had just not run that Bendigo race!!

He decided to have a go at the 200m while there, as it was after the 400 and his achilles had got that far. He was disappointed in finishing 3rd, but it was the best he could do on the day considering.

Andrew struggled through 2019 Melbourne Nationals, as he got sick in Torun and was still recovering from the achilies. Won the 400m, but time again was not what he had been doing earlier in the year.

Regrets

Andrew feels he was cruelled by injuries during his peak and was always struck down just before he believed he was to do something really special. He believes if he had known what he knows now, it would have turned out differently. He wishes he had run the Worlds Masters in the 35-39 age group, prior to his last achilies rup-

“Mr
400
Metres”

ture while he was still a sub 47 second 400m athlete.

And, he never beat Stoney !! (except once, but it was in his comeback and well after his best - so he don't count that).

Going forward

The plan was to add the Toronto Outdoors 400m title to his Indoors Title and he believes he was looking very good ! Let's hope Tampere, Finland World Championships go ahead in 2021.

Andrew is still confident that he can break 50 seconds for the 400m, and at 51, that would be something. So that is the goal.

With Shane's guidance the great group of Masters athletes he now trains with, he will not die wondering.



Winning the 2019 World Indoors Masters Championship in Torun, Poland

**“Mr
400
Metres”**



Andrew winning the 2004 Bendigo Black Opal 400m Final

Winning the Semi of the 2007 Keilor Gift 120m



It seems like every time I turn on the TV, Dan Andrews is there.
I won't be surprised to see this in the near future :

MELBOURNE TV GUIDE

**MONDAY
21ST SEPT**

	<p>THE BLOCK Dan and Brett, having built a glorious house out of "how to vote cards", struggle when the weather turns viral.</p>	<p>WHO WANTS TO BE A PREMIERE Dan declines to answer certain questions that Eddie puts to him but refuses to leave the hot seat.</p>
	<p>LOVE ISLAND Dan's "love at first sight" affair with Scom comes unstuck when Dan hears he's been bad mouthing him.</p>	<p>FRIENDS The housemates continue their riotous lifestyle. Dan puts a curfew in place. Jenny Mikakos moves out and Brett Sutton continues to fight the girls of with a stick (Metaphorically)</p>
	<p>I'M A STATE PREMIER - GET ME OUT OF HERE Dan struggles for survival as hostile groups challenge his position. The other Premiers lock Dan out of their corners of the Island leaving him all alone.</p>	
	<p>DAN ANDREWS - VIRUS REPORT Dan goes on and on. Says "We're all in this together" 27 times !</p>	<p>THE BEST OF DAN ANDREWS' VIRUS REPORTS The snoring of all the reporters threatens to drown Dan out. This, of course, is impossible. The person doing signing falls asleep, mid-sentence mid gesture</p>
	<p>BREAKING BAD Dan turns his Winnebago cooking lab into a test laboratory in a desperate race to find a vaccine.</p>	<p>MOVIE : THE SHAWSHANK REDEMPTION A Prisoner becomes so desperate to escape lockdown that he crawls through sewerage pipes</p>
	<p>HOME AND AWAY As thousands of Victorians try to escape to Summer Bay, Dan sets up roadblocks and closes down the airport.</p>	<p>THE OFFICE Complaints surface that Dan is running his office as his own fiefdom. Making unreasonable demands of his staff.</p>

Or could we see an album from Dan ?

(opinions expressed here are those of the Editor and not of the Club. They are not grounds for taking away my Life Membership)



Dan gives us all the hits

Let me try again
Blame it on the bossanova
Hopelessly, wevoted for you
I started a joke
Town without pity
I did it my way
Don't fence me in
South of the border
The second time around
Don't get around much any more
Send in the clowns
Something stupid
Would I lie to you



A TRIBUTE TO JIM SINCLAIR from Paul Lynch

The Training Group

Most runners from Glen Eira would know of Jimmy from his time at both our venue and also at Springvale. Others might be aware of his athletic achievements at National and International Championships. However, a very small group of us here at Glen Eira have been privileged to have been in Jimmy's company, not only on Tuesday nights, but also at training sessions convened at Duncan McKinnon every Friday afternoon and Sunday morning. Those training sessions have been going on now for over 22 years and I could count on one hand, how many sessions that Jimmy would have missed.

These training sessions originally started under the watchful eye, and demanding stop watch, of the



The Glen Eira training group Ross Kent, Paul Lynch, Chris Brown, Ray O'Connor, Gary Mahon, Daryl Polglase and Jim Sinclair.

late Leo Charles who undertook to train a number of us whom he had identified as having some potential. Leo was a fixture at Glen Eira and had been the manager of the club and the handicapper. He was also a champion athlete in his own right and had competed very successfully at a professional level.

Jimmy was one of the original members of this little training group and we were all striving to compete at State Level and, for a few, also at both National and World level. It was an elite mob given that we were such a small group. Jimmy of course, was not only the star of the group, but also

the most determined and dedicated member. He was also the most reliable attendee. Rain, hail or shine, Jimmy would be there raring to go. I can recall turning up on occasions when it was pouring with rain, and sure enough, there would be Jimmy sitting in his car claiming it was just a passing shower. Even if it started to hail he would still be reluctant to call it a day. Similarly, if it was a typical Melbourne summer's day of 30 plus degrees with a hot northerly, he would still want to train on the side of the oval under the trees.

Under Leo Charles regime, the group gradually grew over time and on some occasions we could have up to 14 or more training. By this stage we had runners at all levels of ability and it was a great group of like-minded people to be part of. Jimmy loved the vibe of the group, the friendly banter and the stirring that went on at each session. Even Leo's jokes! It was traditional that at the end of each training session, there would be a 150m h/c race which came with certain bragging rights if you managed to win. Jimmy was nearly always the out marker and if you caught him, it would be invariably on the line.

When I was serving on the Glen Eira committee, one of the things that we decided to do was name each of our championship events after one of our legends. To my mind it was very fitting that the 400m championship was christened the "Jim Sinclair 400m Championship". The 400m race is the toughest race on the calendar and the fact that Jim continued to run them right to the end of his career was testament to both his courage and determination. Our sprint and middle distance championships are held over a series of four races, so fronting up each week to a 400m race was quite a challenge. Jimmy was always well handicapped off the front so, in his mind, it was imperative that he take off as quickly as he possibly could and then try to hang on. On some runs however, he would just run out of steam and not quite make the distance. It didn't matter how much we implored him to slow up a little at the start, he just couldn't do it. Once he was in the starter's hand, the competitive juices kicked in and he was off. It was the same in the 300m series that we ran. Another issue that Jimmy had was his starting. Of recent times his balance wasn't as good as it had been and he had developed a bit of wobble waiting for the gun to start the race. So much so that, at some starts, he took steps sideways before straightening up. Getting him to relax at the start was an on-going work in progress that regrettably, we never quite got to com-

A TRIBUTE TO JIM SINCLAIR from Paul Lynch

plete. It was the same problem though, once he was in the starter's hand, the competitive juices kicked in and he was ready to run. None of these things ever worried him and each week he would front up as resilient and determined as ever. His continual striving to improve was amazing.

He was the same in all our training sessions. He never shirked a run through and, if he thought one of them wasn't up to scratch, he would simply go back and do it again. On some of our timed "Beep Test" runs he would insist on doing an additional run if he thought that his time wasn't quite up to his own very high standards.

When new members would join the group and we tried to explain how you should run, Jimmy was our example. Once up and running, he had perfect balance and style.

On some of our training sessions we sometimes noticed that Jimmy hadn't finished with the group and had taken a tumble. Before we could get back to him though, it always seemed that either Viv Cash, Leanne Monk or Vickie Charles were first on the scene. Over the years we noted that this seemed to happen quite regularly, even when newer ladies were running with us. I mentioned this to Jimmy once and wondered whether or not these tumbles of his were accidental or well planned. He just smiled and we both enjoyed a good laugh.

I can remember asking Jimmy once how he was doing and he replied, "when I get up in the morning, I look in the mirror and if I'm looking back, it's a good day." I asked him this same question a couple of years later and he replied "I now breathe on the mirror just to make sure".

It seems only a few months ago that Jimmy was still fronting up to training and trying to put himself through his paces. Of recent times though he was resigned to not running but still turned up to every session, carrying his chair and then proceeding to monitor the training of the rest of us. Woe betide anyone who, in Jim's view, didn't properly run through the finish line at the end of a sprint. He was also very curious about the definition of some runners of what was a 70% to 75% effort.

Over the years, Jimmy never ran out of ideas as to how we could improve our training. He was always suggesting to me little changes that might help a

person's development. He was also adamant that all of us should be competing at the various State Championships.

When Leo Charles passed away, Jimmy was very concerned that the group would fold and he encouraged both Chris and myself to keep it going. I know that he would now wish us to continue and keep on going



without him. That will happen, but we will all miss him terribly and it just won't be the same without him on the sidelines driving us on. I know that my little Elli will miss her Sunday mornings sitting on his lap.

In our time Jimmy, was always a sprinter but, what every one might not know, is that he didn't actually take up sprinting until he was over 50. Up until then he had been a long distance runner and had in fact completed 18 marathons.

Earlier in his sporting life Jimmy, was a wrestler of considerable ability. He first competed in 1938 and won junior titles in 1938/39. He then had a short break of 4 and a half years when he served in the war. He resumed wrestling in 1946 and went on to win 9 State and 1 National Championship. He was also in contention for selection for the Australian Olympic Team in 1956. His involvement in wrestling spanned 55 years and in 2008 he was awarded the Julius L. Patching Sports Official of the year for his contribution as an official, coach and administrator.

In his working life, he was still a salaried worker right up until his recent hospitalization. In fact, during his working career he had two stints of 40 years with two separate companies. His second stint was with a company that had been a client of the first

A TRIBUTE TO JIM SINCLAIR

from Paul Lynch

company that he had worked with. Most of us would be satisfied with one working career of 40 years but Jimmy had done it twice. When I talked to him about this, he would simply say that they were both excellent companies with good people and he enjoyed his work with them.

To all in our group, Jimmy was an inspiration. To many he was also a mentor and father figure. To everyone he was a gentleman and I really can't recall him saying anything bad of anyone. He may have observed at times, in his own friendly way, that one or two of us were wearing extra thick singlets. He would then suggest that perhaps we should concentrate on "push aways" rather than "push ups". (I also recall that he might have queried the age of some his competitors once he got over 90. But never in a derogatory manner). To me he was a friend and I valued his support at all times and especially recently when he recognised that I needed a friendly face.

Jimmy had a remarkable life and was a remarkable man. We were very fortunate to have had him as part of our group for such a long time.

Paul Lynch



A TRIBUTE TO JIM SINCLAIR

from Mike Hall

As a personal friend of Jim for over forty years, and particularly on behalf of his many admirers at Glen Eira and Springvale, I would like to take this opportunity of extending our deepest thoughts to Noel, Robin, Joanne and Russell and of course to the extended family.

Jim was indeed a truly remarkable VMA Legend and despite his wealth of World Class athletic achievements over many decades always remained a quiet unassuming achiever who was widely regarded as the typical unsung hero throughout his entire life. He was indeed one of nature's true gentlemen, had a great sense of humour always ready to encourage others and the bottom line was he was just a sincere, damn nice guy.

Jim's natural competitive spirit took a turn for the better at the 1999 World Championships in Gateshead, UK, when at the suggestion of David Sheehan, he reverted to shorter distances and later encouraged by mates Ray Kemp and Jim McLure, at Glen Eira, he then switched to sprinting and the rest is history.

In more than two decades Jim has accumulated a multitude of medals in World, National, Oceania and State Championships. I remember in particular at the 2011 National Championships in Brisbane, he won Gold in all five of his events and was a member of the M80/84 division that ran an Australian record in the 4x100m relay.

In an illustrious career that included a remarkable 20 World Championships as we all know his exploits off the track at both Glen Eira and Springvale have been appreciated. For many years he assisted his wife Beryl in organising the supper at Springvale. Sadly Beryl passed away in 2011, but Jim continued on with the suppers. His commitment over this long period has been appreciated by all.

Our Kiwi mate Vanessa Story checks Jimmy's height in Porto Alegre



V.M.A. Legend No. 8

Jim Sinclair

article by Alan Bennie

This is an
extract from
August 2011
Footprints

Jim joined the Masters Athletics Club in 1979/80 at the age of 55 and now, 31 years later, at the age of 86 is still going strong. However his athletics career is only part of his sporting achievements, having been involved with Wrestling for over 70 years since 1938.

Jim first competed in 1938, winning Junior titles in 1938/39 after which he undertook war service for 4 1/2 years. He resumed competing in 1946 winning 9 State and 1 National championship. He has been certified F.I.L.A. (International Wrestling Federation) International Judge/Referee and Drawmaster since 1970 and has been awarded the FILA Bronze Star for his service to Wrestling. His role in Wrestling includes;

- *Wrestling administrator at State and National level for 55 years*
- *State delegate Australian Wrestling Union as well as National selector*
- *Board member Referees Commission*
- *Life member Victorian Wrestling association and Australian Wrestling Union*
- *Committee member Victorian Wrestling Association since 1953, holding every position on the council including President twice and currently vice President*
- *Association delegate Victorian Olympic council and Victorian Commonwealth Games Association for over 45 years*
- *Tournament Director at numerous State, National and Oceania Championships*
- *Area Manager 1962 Commonwealth Games Perth*
- *Section Manager 1982 Commonwealth Games and 2000 Sydney Olympics*
- *Team Manager 1981, 1982 and 1985 World Championships*

Jim has coached for 26 years producing many State and Australian champions as well as Commonwealth and Olympic Games representatives.

In 2008 the Victorian Olympic Council awarded Jim the Julius L Patching Sports Official of the year for his outstanding achievements and tireless contribution to sport as an official, coach, administrator and athlete. Jim was extremely proud to receive this award and it was clearly well deserved.



V.M.A. Legend No. 8 Jim Sinclair

As mentioned earlier Jim joined the Masters at the age of 55 and ran middle distance and marathons (completing 18) and a lot of fun runs but with little success. He competed in the Marathon at the World Championships in Melbourne in 1987 and has now competed in 10 World and 3 Oceania Championships as well as numerous State and Australian Championships.

After the World Championships in Gateshead a group of Australians ran in the Irish Championships. Jim decided to give the 400 metres a go and to his surprise finished, albeit some considerable distance behind the great Mike Johnston. David Sheehan had suggested that he try the shorter distances and encouraged by Ray Kemp and Jim McLure, leaders of a group he was training with, he switched to sprints.

It was probably a wise move as when running distance events he would need to stop every so often, coughing and spluttering, earning the nickname "Chuckles" from the late Eric Greaves.

Jim was fortunate to join the Leo Charles team and with his coaching and the encouragement of the team he was given a new lease of life. He found that after all the years of running toward the rear of the field in distance events he had now become competitive, particularly since 2007, winning numerous medals at State and National titles. Oceania and Pan Pacific games.

In the recent Nationals in Brisbane he won 5 gold medals and was a member of the 80-84 year team that ran an Australian record in the 4x100 metre relay. In 2010 he had world rankings of 9th in 100 metres, 4th in the 200 metres and 3rd in the 400 metres.

Aside from his exploits on the track, Jim has been a real contributor off the track. For many years he assisted his wife Beryl in organising the supper at the Springvale/Noble Park venue and in recent years has taken charge with Beryl suffering ill health. This commitment is much appreciated by all at the venue. In addition, prior to the photo finish/electronic timing at State titles (and before his sprinting career) Jim was a regular on the time keeping stand.

Jim has had a decorated career in the Wrestling world and of recent years has been achieving great results in the athletics field. He is a determined competitor and gives his best at all times but above all else he is a champion bloke and thoroughly deserves the title of Legend.





*A wonderful photo of Jimmy with his son Noel and his Dad.
And below, my favorite “Old age and treachery will overcome youth and skill”*



THE WORLD'S SLOWEST MARATHON

I was watching the Tour De France and Robbie McEwan told this story. There I was, in the middle of the night, laughing uncontrollably. I googled it the next day and there it was in the Guinness Book of Records

On 20 March 1967, Shiso Kanakuri of Japan completed a marathon in Stockholm, Sweden, that he had started in 1912. His finish time of 54 years 246 days 5 hours 32 minutes 20.3 seconds represents the longest time to complete a marathon.



Shiso sets off, full of hope in 1912

Before the fateful race at the 1912 Stockholm Olympics, Kanakuri had already defied expectations at the qualifying heats in his home country in November 1911. Under the misguided belief that perspiring made an athlete more tired, he refused to drink, making him sick in the lead-up to the event. Just in time, he made a miraculous recovery and, defying all odds, took first place with a time of 2:32:45.

He had qualified for the Olympics and proved that Japan was ready to make its debut at the ultimate global sporting competition. The 1912 Games were the first Olympics to feature athletes from every continent (excluding Antarctica for obvious reasons).

From the get go, circumstances seemed to conspire against Kanakuri. To get to Sweden from Japan in the 1910s was not easy; the trip was a gruelling ten days by train, giving the two-person Japanese "team" - the only other delegate fielded by Japan in 1912 was sprinter Mishima Yahiko (1886-1954) - very little time to prepare. In an attempt to overcome this, Kanakuri resorted to running around every station they stopped at to get in some training.

During the journey, Kanakuri also had to take on another unforeseen duty, when his compatriot fell ill. Between nursing Yahiko and still labouring under the misconception about perspiration, which meant he was drinking very little, these prevailing factors no doubt contributed to the events that were about to unfold.

When race day arrived (14 July 1912), luck was once again not on this marathon runner's side as the temperature soared to 32°C (89.6°F).

The exhausting journey, time spent caring for his sick teammate and the lack of acclimatisation had all taken their toll, but Kanakuri soldiered on, lining up with the other athletes, already sweltering in the heat, determined to represent his country. Given that this was the first time Japan had ever appeared on the world's premier sporting stage, he felt under immense pressure to excel.

Kanakuri's admirable spirit was not enough to see him through though, and during the race he collapsed and was taken in by a local family. When he recovered, Kanakuri faced a difficult decision: go to the officials and admit that he'd failed, or travel home incognito without notifying anyone. He opted for the latter, fearing for his country's global reputation as this was their first Olympic attendance. (Little did he know that the extreme heat had forced around half of the entrants in the marathon to quit before reaching the finish line, so he was far from alone!).

THE WORLD'S SLOWEST MARATHON

When nobody could pinpoint his whereabouts or status, Kanakuri was declared as missing in Sweden, and would remain so for more than 50 years.

The case of the disappearing runner was finally solved in 1967, when TV channel Sveriges Television (Swedish Television) tracked the by-then-75-year-old down to Tamana, Kumamoto Prefecture, Japan, where he was enjoying his retirement.

They approached him with an interesting offer: would he like to finish the Olympic marathon that he'd started more than half a century earlier? Kanakuri agreed and, in March 1967, ran over the finish line 54 years after he had crossed the start line making it officially the slowest marathon in history.

"It was a long trip," Kanakuri told the press after the race. "Along the way I got married, had six children and 10 grandchildren."

Kanakuri, who passed away at the impressive age of 92 in 1983, will always be best remembered for his huge contribution to developing athletics within Japan. His work meant that the country was far better prepared for future national and international athletics events. Many would argue that the groundwork he laid has played a significant contribution to Japan's subsequent Olympic success; its total 439 medals won at the Summer Olympics to date puts it currently 11th in the world rankings.

Home fans will be hoping that some of the wisdom and experience he passed on will pay off at the 2020 Tokyo Games, taking place between 24 July and 9 August 2020. *(Now 2021, we hope)*

While Kanakuri's place in the record books may focus on the time it took him to complete a marathon, his true legacy is how he used his experience to help others avoid a similar fate.



Shiso, in Stockholm, after completing his marathon.

Peter Field and Paul Ban reflect on the twilight of a lifetime of running.

Peter, a member of Springvale Masters and Victorian Road Runners, is an inspirational leader.

He took groups of running friends to South Africa in 2002, 2005 and 2008 to participate in the renowned Comrades 90k 'Marathon' - I was with the 2005 and 2008 group. The photo below taken at the finish of the 2008 event - I came home in 10:04 and Peter in 10:20.

Peter has completed fifty-five marathons and is one of just three runners to have completed every Puffing Billy Great Train Race - our Bernie Ledden is another.

Peter and I have had a couple of conversations lately on what running has meant to us throughout our lives.

Through those conversations I've realised that running is the outward expression of where your mind and body are at.

When we were younger it was a testing ground to see what our limits were regarding speed. The courses we ran were not as important as what was happening within ourselves. Consequently, they were a blur, with the aim being to get from A to B in the shortest possible time.

The marathon became the ultimate test of speed and endurance. Peter was able to hold down the speed side of the equation while balancing it with lots of endurance. I had speed for half marathons but couldn't hold it together for marathons in the same way.

After taking on ultra-marathons we found another way to test our bodies. There wasn't the same pressure as there is in marathons because we had to run slower and distribute our running resources over the length of the course.

Now that we are both on the wrong side of sixty – and even more so for me – we've had to accept where our bodies are and make sure that our minds adjust accordingly. There's no point punishing yourself for not being able to do what you used to do. In addition to the ageing factor (which doesn't seem to apply to some legends at Collingwood Masters) are medical problems that affect most of us in some way.

Peter and I have found that our hearts are not doing what they are supposed to be doing, which means there's 'sand in the petrol tank' holding us back. There's no point dwelling on what our bodies, once finely tuned machines, used to be capable of.

Peter believes that to cope mentally with the change in our physical status is to move to a state of acceptance that our time is up. He and I are now walking more than running and seeing things on courses we didn't know were there in our fast days. Accepting that you have transitioned is not easy, Peter likening it to elderly people having to hand in their drivers' licences – not without a fight. We will always set goals, as we have done for over forty years, however, these goals need to be realistic and humble.

This is not a covid-19 restrictions story, our restrictions have happened independent of the pandemic.

In the next instalment I will interview someone who is dealing with the running re-adjustment.

Paul Ban . . 28th July 2020



Peter and Paul in South Africa after finishing the 2008 Comrades Marathon

We continue Keith Howden's excellent series of articles on Sprinting.

On your marks...

A weekly column about Sprinting for Collingwood Masters Athletics.

The fifth in a series...

After four weeks of notes about sprinting, what more could possibly be written ? ...Amazingly, 'lots'!

This week we tackle training – **part one** – with a quiz question or two for the reader at the end of this unique article/column.

Let us begin with an analogy... Cooking !

Being in self isolation for a few weeks now, I've had to do some of the cooking at our place ! Tackled a casserole the other day. Had

to decide on the ingredients, buy or find them, dice the celery, the carrots and so on ! The reality is that before you serve it on a plate there is the planning phase, the preparation phase, the cooking itself and then the presentation.

And, it doesn't stop there because I "suffered" an evaluation phase as well.

"Too much tomato paste, onions not diced properly, otherwise OK" was the feedback.

It's the same if you're wanting to achieve good results with your running. Doing your best may not be winning gold yet obtaining a p.b. (a personal best) is really a great achievement. Yes, you can just 'rock up and run', but we all know, 'deep down', a training phase would probably achieve a better outcome. If you have a coach, you may be able to skip some of the planning, but he or she will probably still want to know your personal running goals.

I usually train hard. That usually means being 'puffed' at the end of most of the 'runs'.

Recently, Peter G, Maria, Joy and I trained together in lanes 3, 5 6½ & 8 at Collingwood.

We did several repetitions of between 120 & 250 metres and, with warm ups, drills etc, the session took over an hour. For each of 'the runs' the participants were handicapped.

Next week we consider why we bother to do repetitions at training!

So, see you next week for more tips on training for sprints.

(Questions are welcome !)

Article by Keith Howden...one of the sprint team at Collingwood Masters Athletics



On your marks...

A weekly column about Sprinting for Collingwood Masters Athletics.

The sixth in a series...

Training - part 2 - Here is the follow up to part one a week ago !!!

There are a few segments in the most worthwhile of training sessions.

Warm ups, drills, repetitions and the warm down. Drills are helpful to fire up leg muscles for sprints but they can vary for each session. A good coach will suggest appropriate drills to use.

For a one hour training session, warm ups take about 20 minutes, with drills and a few exercises taking another 10 or 15 minutes. This leaves 20/30 minutes for the serious action, usually hard sprint repetitions. But over what distance and what intensity ?

The answer is probably "It depends!"

If the trainee is aiming for a specific race or competition in several weeks it will be different to a person training for basic fitness or getting ready for summer competition in general.

Let's say you have 4 months as you aim for a specific competition. Six weeks might be devoted to an **endurance phase**, six to a consolidation phase and the rest to a **peaking phase**. In the first phase you would be aiming to complete several longer sprints with 4/5 minutes rest. For a newcomer, or someone returning from injury, the first 2/3 weeks can be really tough but after 6 weeks runners are generally coping with the work load quite well. By doing repetitions e.g. 5 x 200 metres the sprinter knows they can surely do a 1 x 200 in competition. Repetitions therefore build confidence as well as fitness, though tough at first.

A good coach will vary this phase of training. For example once a week the squad might do a pyramid or 300/200/100 with a 200M to finish. Or complete a session with 'ins and outs'.

By the time phase two comes around the repetitions are shorter in number and distance.

It is recommended that the sprint reps never embrace more than 1200 metres at top speed. Usually they add up to between 600 and 1,200 metres. In the peaking phase, shorter distances with longer rests allow the sprinter to be training at competition speed and probably in spikes. To finish the session, to bring the heart, lungs etc back to near normal, a one lap jog or walk is recommended as a 'warm down'.



Article by Keith Howden...one of the sprint team at Collingwood Masters Athletics

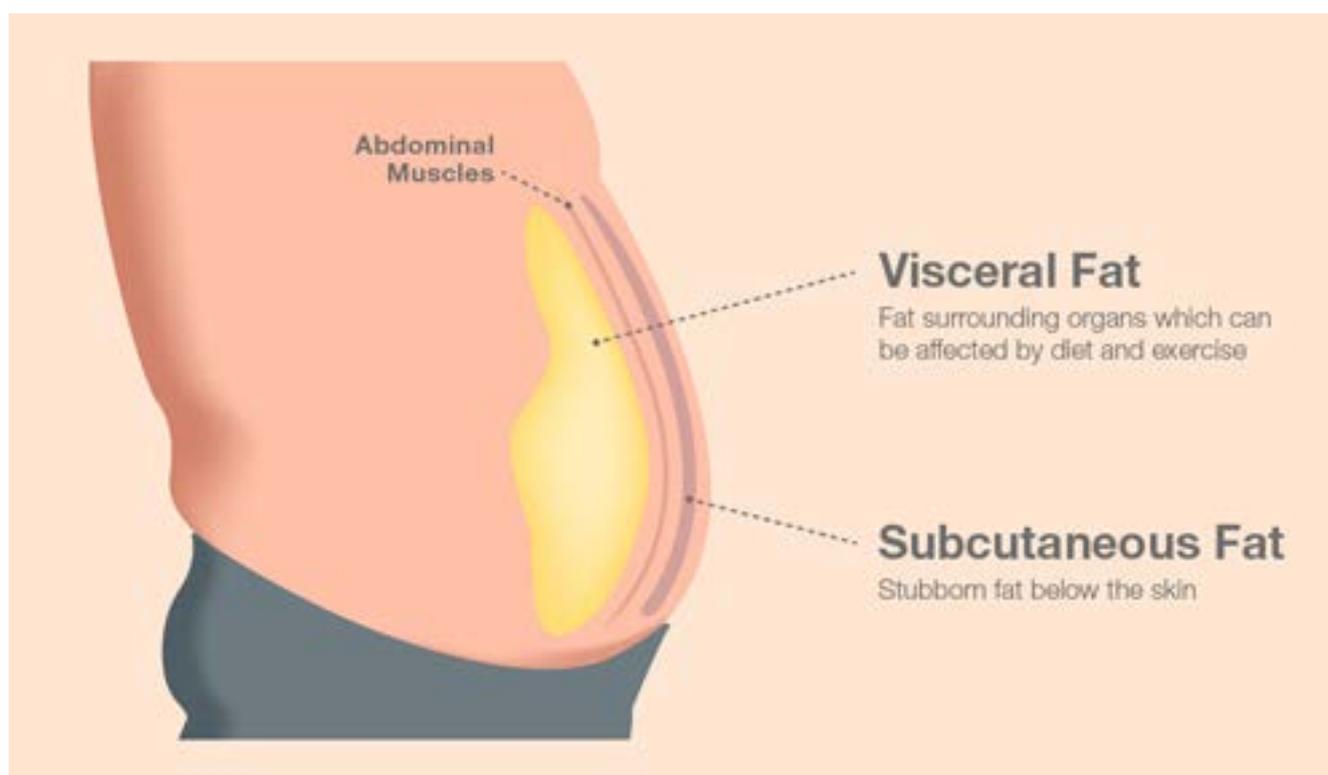


You may be like me. Never carrying fat during your youth but now finding your middle is, well, *protruding*. I don't want a six pack, I just don't like to see that "baby bump" in the photos from parkrun. I've done a bit of research and thinking about fat, and fat related topics, for this edition. Now, again I point out that I am not qualified in this area, I am only putting forward what I have read across a variety of articles. Take this article with a grain of salt, *but not too much salt !!!*

THE TWO TYPES OF BODY FAT

I've learned there are two types of fat that we are likely to have mainly around our middles, and sometimes in many other places. They are Subcutaneous Fat and Visceral Fat.

Subcutaneous Fat is the fat just below the surface, the fat you can pinch. It can be on your belly, your arms or thighs. Many of our runners will have little or none of this on their legs due to the running they do, but as you age and the ratio between what you eat and the time you spend exercising changes, on it comes. Still, some of us will not have fat on their legs. That can be genetics.



FAT

Visceral Fat

This is the really nasty one. It's why your belly may protude. It sits behind your abdominal muscles and can fill the abdominal cavity.

Unlike subcutaneous fat, visceral fat can be incredibly dangerous. It can build up around your vital organs including the heart, the liver, lungs, intestines and stomach.

Visceral fat has been linked to metabolic disturbances and increased risk for cardiovascular disease and type 2 diabetes. In women, it is also associated with breast cancer and the need for gallbladder surgery.

Visceral fat is directly linked with higher total cholesterol and LDL (bad) cholesterol, lower HDL (good) cholesterol, and insulin resistance.

Where fat ends up is influenced by several factors, including heredity and hormones. As the evidence against abdominal fat mounts, researchers and clinicians are trying to measure it, correlate it with health risks, and monitor changes that occur with age and overall weight gain or loss.

The fat you can pinch is subcutaneous fat. The fat inside your belly (the visceral fat) can be seen and measured, but not pinched.



How do you lose belly fat?

No surprise : exercise and diet.

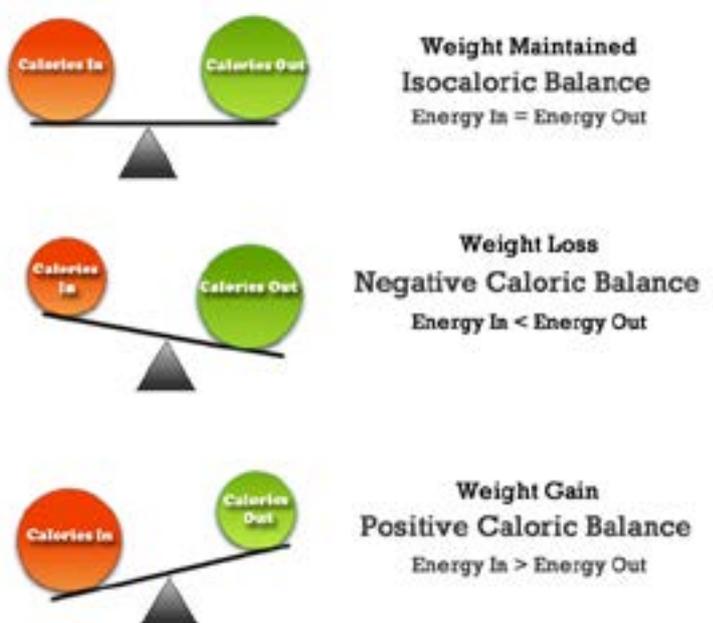
Staying physically active throughout the day as well as scheduling time for structured exercise may be even more important than diet.

Just as your running speed is a function of two things - *stride length multiplied by stride frequency*, your weight is determined by *calorie intake less your ability to burn them off*.

The ideal amount of calories differs for each individual, but in general terms they say a woman needs around 2000 per day and a man around 2500. However, this depends on numerous factors. These include age, height, current weight, activity levels, metabolic health, and several others.

In simple terms, if your calorie intake is too high, you will never compensate with exercise.

But, you can impact the amount of fat stored in your body by controlling your calories and burning fat off !





Research suggests that fat cells – particularly abdominal fat cells – are biologically active. It's appropriate to think of fat as an endocrine organ or gland, producing hormones and other substances that can profoundly affect our health. Although scientists are still deciphering the roles of individual hormones, it's becoming clear that excess body fat, especially abdominal fat, disrupts the normal balance and functioning of these hormones.

Scientists are also learning that visceral fat pumps out immune system chemicals called cytokines that can increase the risk of cardiovascular disease. These and other biochemicals are thought to have deleterious effects on cells' sensitivity to insulin, blood pressure, and blood clotting.

One reason excess visceral fat is so harmful could be its location near the portal vein, which carries blood from the intestinal area to the liver. Substances released by visceral fat, including free fatty acids, enter the portal vein and travel to the liver, where they can influence the production of blood lipids. Visceral fat is directly linked with higher total cholesterol and LDL (bad) cholesterol, lower HDL (good) cholesterol, and insulin resistance.

Insulin resistance means that your body's muscle and liver cells don't respond adequately to normal levels of insulin, the pancreatic hormone that carries glucose into the body's cells. Glucose levels in the blood rise, heightening the risk for diabetes.

So, we repeat :

Exercise and dieting helps you lose belly fat.

The starting point for bringing weight under control, in general, and combating abdominal fat, in particular, is regular moderate-intensity physical activity – at least 30 minutes per day (and perhaps up to 60 minutes per day) to control weight and lose belly fat. Strength training (exercising with weights) may also help fight abdominal fat. Spot exercising, such as doing sit-ups, can tighten abdominal muscles, *but it won't get at visceral fat.*

Diet is vitally important. Pay attention to portion size, and emphasize complex carbohydrates (fruits, vegetables, and whole grains) and lean protein over simple carbohydrates such as white bread, refined-grain pasta, and sugary drinks. Replacing saturated fats and trans fats with polyunsaturated fats can also help.

Scientists hope to develop drug treatments that target abdominal fat. For now, experts stress that lifestyle, especially exercise, is the very best way to fight visceral fat.

Diet

The body is programmed to store fat. The normal fat cell exists primarily to store energy. The body will expand the number of fat cells and the size of fat cells to accommodate excess energy from high-calorie foods. Unfortunately, it will even go so far as to start depositing fat cells on our muscles, liver and other organs to create space to store all this extra energy - especially when combined with a low activity lifestyle.

Back in the day, when humans may not have had regular meals we needed to store fat until we next ate. The energy was stored as small packages of molecules called fatty acids, which are released into the bloodstream for use as fuel by muscles and other organs when there was no food available. Storing fat enabled us to survive longer periods without food and gave us extra energy for hostile environments.

Now, with an abundance of food and less need for us to do physical work, a high proportion of us have an obesity problem.

In this world, we are regaled with diet plans. You can buy complete microwaveable diet meals delivered to your door. Every second lifestyle TV show has a paleo, vegan, blood group or lefthanders' diet.

Far be it for little old me to start pedalling diets, but I have included a diet that comes in around 2000 calories per day. I mean it to be more of a reference than anything else. You could try it, or variations of it, but I suggest you look at it and see how what you eat stacks up.

It's a five day diet so I don't know if you are supposed to fast on the weekend or cut loose and go to Maccas.

Monday

Breakfast: vegetable omelette

2 eggs

1 cup of spinach

1/4 cup of mushrooms

1/4 cup of broccoli

1 cup of sautéed sweet potatoes

1 tablespoon of olive oil

Snack: apple with peanut butter

1 medium apple

2 tablespoons of peanut butter

Lunch: Mediterranean tuna pita pockets

1 whole-wheat pita

140 grams of canned tuna

chopped red onion and celery

1/4 avocado

1 tablespoon of crumbled feta cheese

Snack: cheese and grapes

56 grams of cheddar cheese

1 cup of grapes

Dinner: salmon with veggies and wild rice

140 grams of baked salmon

2 tablespoons of olive oil

1/2 cup of cooked wild rice

1 cup of roasted asparagus

1 cup of roasted eggplant

Tuesday

Breakfast: nut butter and banana toast

2 slices of whole-grain toast

2 tablespoons of almond butter

1 sliced banana

cinnamon to sprinkle on top

Snack: power smoothie

3/4 cup of unsweetened, non-dairy milk

1 cup of spinach

1 scoop of plant-based protein powder

1 cup of frozen blueberries

1 tablespoon of hemp seeds

Lunch: avocado-tuna salad

1/2 avocado

140 grams of canned tuna

1/2 cup of cherry tomatoes

2 cups of mixed greens

Snack: vegetables and hummus

fresh carrot and celery sticks

2 tablespoons of hummus

1/2 whole-wheat pita bread

Dinner: chicken and broccoli stirfry

140 grams of chicken

2 cups of broccoli

1/2 cup of cooked brown rice

fresh garlic and ginger

1 tablespoon of soy sauce

Wednesday

Breakfast: berry yogurt parfait

200 grams of plain Greek yogurt

1/2 cup of fresh blueberries

1/2 cup of sliced strawberries

1/4 cup of granola

Snack: banana and almond butter

1 banana

1 1/2 tablespoons of almond butter

Lunch: peanut noodles with tofu and peas

3/4 cup of cooked rice noodles

141 grams of tofu

1/2 cup of peas

1 tablespoon of peanut butter

2 teaspoons of tamari or soy sauce

1/2 teaspoon of Chilli Sauce

2 teaspoons of honey

juice of 1/2 lime

Snack: protein bar

Look for bars containing approximately 200-250 calories with less than 12 grams of sugar and at least 5 grams of fiber.

Dinner: fish tacos

3 corn tortillas

170 grams of grilled fish

1/2 avocado

2 tablespoons of tomato salsa

Thursday

Breakfast: avocado toast with egg

1/2 avocado

2 slices of wholemeal toast

1 tablespoon of olive oil

1 poached egg

Snack: Greek yogurt with strawberries

200 grams of plain Greek yogurt

3/4 cup of sliced strawberries

Lunch: quinoa with mixed vegetables and grilled chicken

1/2 cup of cooked quinoa

142 grams of grilled chicken

1 tablespoon of olive oil

1 cup of mixed, non-starchy vegetables

Snack: dark chocolate and almonds

2 squares of dark chocolate

15-20 almonds

Dinner: vegetarian chilli

1/2 cup of canned, crushed tomatoes

1/2 cup of kidney beans

1/2 cup of butternut pumpkin

1/2 cup of cooked sweet corn

1/4 cup of diced white onions

1/4 of a jalapeño pepper



Friday

Breakfast: oatmeal with seeds and dried fruit

1/2 cups rolled oats

1 tablespoon of hemp seeds

1 tablespoon of flax seeds

2 tablespoons of dried cherries

Snack: Capsicum and carrots with guacamole

1/2 capsicum, cut into strips

1 cup of carrot sticks

4 tablespoons of guacamole

Lunch: grilled vegetable and mozzarella wrap

1 whole-wheat tortilla

1/2 cup of grilled red peppers

5 slices of grilled zucchini

84 grams of fresh mozzarella

Snack: rice pudding with banana

170 grams of rice pudding

1/2 of a sliced banana

Dinner: pasta with pesto, peas, and shrimp

2 tablespoons of pesto

42 grams of whole-wheat or brown-rice penne

170 grams of shrimp

1/2 cup of peas

1 tablespoon of grated Parmesan cheese

In summary.
To reduce your visceral fat you need to reduce your calorie intake and/or increase your fat burning activities.
Any reduction of the fat you carry will be good for you, as will an increase in activity.

Still on but from a different angle

Now for something entirely different.

I remember my Mum always having a tub of dripping beside the stove. Her roast potatoes certainly were fantastic. She used dripping for most cooking. She thought Olive Oil was Popeye's girlfriend. Don't knock it, she lived to 102.

This is an article from the UK Independent :

DRIPPING IS ONE OF BRITAIN'S FORGOTTEN INGREDIENTS - NOW IT'S MAKING A TIMELY COMEBACK

Dripping is creeping back on to the menu - and not just on toast. Eager to get his anxiety-free fatty fix,

There was a time when a jar of beef dripping sat on every stove top. The fatty, gamey-tasting sludge was spread on toast or used to make ultra-crisp roast potatoes. Then, a few decades ago, saturated fat became the bugbear of nutritionists, the "Bond villain", if you will, of the culinary universe - and beef dripping fell out of favour, along with many other fatty treats.

But now that science is starting to point the finger at sugar and carbs as the culprits behind the surge in obesity and heart disease, saturated fat is getting a bit of a reprieve - and dripping is creeping back on to the menu. Eager to get my anxiety-free fatty fix, I wanted to learn more about this "ration book favourite".

Earlier this year, butcher James Whelan of Nenagh, in County Tipperary, Ireland, won a prestigious Great Taste Award for his Angus and Hereford beef dripping, seeing off 10,000 other great "tastes", in what is widely regarded as the Oscars of the food world. A fatty by-product winning out over raisin scones and cappuccino marshmallows? Rendered cow rump better than porchetta and chilli bacon jam? Is dripping finally coming back?

The Quality Chop House in Farringdon, London - a Grade II listed building, complete with knee-knocking pews and galleon windows and boasting a restaurant, butchers and deli - is one of the few places in the capital to make its own dripping in-house. I joined the head chef Shaun Searley, to find out more about this war-time stalwart. First, what exactly is beef dripping?

"Dripping is rendered fat," Searley tells me, matter-of-factly. He goes on to explain that rendering fat separates it from connective tissue and meat, processing it into a clear liquid, free of protein and impurities. It's essentially turning a waste material into useful - and incredibly tasty - produce. Not that taste was the main reason people had dripping sandwiches

during the First World War, of course.

"The days of rationing everything meant that invaluable ingredients such as dripping weren't thrown away," Searley says. Nowadays, however, we're free to enjoy it for its flavour, too. To those in the know, flavour and fat have always gone hand in hand. When judging meat for its quality, for example, fat is one of the first things that butchers and chefs take into account. It is for this reason that dripping makes such a great flavour enhancer. As Searley says: "That interesting flavour the farmer is trying to show will permeate through the fat and into your dripping. That's why those that have experienced it before get really excited, and as for the younger generation, they seem won over, too."

Type "beef dripping" into any social media platform and you can see that the movement is growing, led by Instagram-filtered images of dripping-fried chips with so much crunch they look as if they could crack the screen.



Still on **FAT** but from a different angle

How to make dripping

The on-trend, cost-effective, snout-to-tail ethos is another part of dripping's revolution. Every afternoon at The Quality Chop House, the trimmed fat from butcher Oliver Seabright's block is put through the mincer and carried into the kitchen, alongside the prime cuts for that day's menu. After that, it's an easy process of transforming what many call waste into a key component of Searley's signature dishes.

He spreads the fat on to the surface of a baking tray and whacks it in an oven pre-heated to 120 degrees Celsius. About 20 minutes later, he pulls it out and there is a shallow puddle of clear liquid. "The trick is not to roast it, just slowly render the liquid fat off on a low heat," Searley tells me. Some of the solids won't render at all, they'll just crisp up and brown. The mincing isn't essential; chopped or sliced fat will still yield about 50 per cent liquid which, once passed through a sieve (to ensure that there are no bits of protein such as connective tissue in there with it), can be stored in a sealed container in the fridge for up to a month. It can also be re-used two or three times, after which it will become darker; and once it goes a rusty opaque colour, it's time to throw it away.

With my nostrils suitably assaulted with Sunday roast goodness, it is time to sample two of The Quality Chop House's cornerstone dishes: Longhorn mince on dripping toast, and confit potatoes. Both are exceptional. The dripping toast, a super fancy version of fried bread, is a sophisticated homage to the great British greasy spoon, and as for the confit potatoes - like dauphinoise, but baked with dripping rather than cream, compressed overnight and deep fried in vegetable oil to finish - I'll never look at a shop-bought croquette again. As Searley says, it is the "gamey" quality of the dripping that gets you. It ratchets everything up a notch, until you end up in beefy heaven.

Far from being a lone advocate, Searley is not the only chef going dippy for dripping. At Story, the Michelin-starred restaurant in Southwark, London, the bread course is an edible candle made of dripping; Rick Stein's fish and chips at his restaurant in Padstow are fried in dripping; and Hawksmoor, London, triple-cooks its chips in - bingo - dripping. According to Richard Turner, Hawksmoor's executive chef: "Beef dripping is a great forgotten British ingredient and we should be using it more; it's the missing ingredient for truly great fish and chips."

It's not just flavour that makes beef dripping such an exciting prospect. If you're using fat extracted from a joint of beef, you know where that fat has come from, unlike some supermarket oils. Using dripping instead of buying oils is a money-saver, too. You've paid for the fat, in terms of weight, so you may as well use

it. Throw in the ethical argument of using everything that the animal has to offer and it's a no-brainer. I can't help but wonder, if only it were called something else.

Growing up with a father born in the post-war era, with a ration book stuffed in his breast pocket and beef dripping sandwiches in his backpack, the connotations of dripping (as I'm sure others can testify) were a million miles away from hashtag-happy hipsters tweeting triple-cooked chips to the masses. Dripping was nothing to shout about. It was the food of the lingering war effort, of the impoverished and struggling; the predictable punchline to my dad's 10-mile trek to school and back, wearing one shoe, because they couldn't afford the other. Dripping is the food of nostalgia; of my father's childhood, just as Alphabetti Spaghetti, and all its consumerist-friendly connotations, was the food-stuff of mine.

The fatty, gamey-tasting sludge can be spread on toast or used to make ultra-crisp roast potatoes. As rationing ended in the mid-1950s, the promise of no-mess and easily stored oils spelled the end of this wartime essential, and it soon passed into the annals of not-so-great British food, alongside suet pudding and other stodgy fodder. It has been a long road (almost as long as the one my dad allegedly walked to school) but dripping is finally back, even for those who don't want to get their mitts mucky.

There are many places that stock ready-made dripping (The Quality Chop House sells its own; James Whelan butchers delivers to the UK and Ireland; and Tesco and Waitrose stock generic brands, too) but there are also faff-free ¹ ways to make your own. The next time that you do a roast, rather than use the sticky meat juices and fatty deposits in the bottom of the tray to make a gravy, pour them into a jug and let them settle. The fat will separate and congeal at the top and from here you can skim it off and store in the fridge for a few days, retaining the meaty residue to make a stock.

In fact, to many people this is what the mention of dripping will conjure up, as it does for my mum: fur-tively mopping up the fatty-meaty juices with bread as the roast rests and the table is laid. There are less roguish ways to enjoy this more casual of drippings, however.

John Quilter, the London Live chef, swears by it spread on warm, toasted sourdough "with a little salt and a cheeky cuppa". And Oliver Seabright, the butcher for The Quality Chop House, says that "thinly sliced skirt with dripping brushed on the bread makes for the best roast beef sandwich ever". And who's going to argue with a man with a meat cleaver?

¹ Faff - spend time in ineffectual activity.



AMA Winter Throws Championships

Kerryn McCann Athletics Centre, Wollongong, NSW

SATURDAY 3rd OCTOBER:

Throws Pentathlon / 56lb and 100lb throws

SUNDAY 4th OCTOBER:

Individual Events (Hammer, Shot Put, Discus, Javelin, Weight Throw) / Weight for Distance

MONDAY 5th OCTOBER:

Heavy Weight Pentathlon / Super Weights

NOTE that any COVID-19 requirements at the time of the event will be observed.

To this end we have made the decision to cancel the Group Dinner on the Saturday.

Uniforms: Wearing of State uniforms is required

Confirmation of entry and final program: Confirmation of accepted entries, events entered and final program will be provided to all entrants.

CONTACT DETAILS

Event Co-ordinator: Jill Taylor Phone: 0409 607 384

Email: amawinterthrows@gmail.com

Event Facebook page: Click here [AMA Winter Throws Championships 2019](#)

EVENT Registration: click here (Entry open Aug 25 - Sep 22)

<https://reg.emlsports.com/meet/ama-winter-throws-2020>

And introducing our **Winter Throws Virtual Competition!**

For those of you who are unable to be with us in person this year because of the pandemic, we've organised a virtual version for you to participate in.

Cost: Registration fee is \$20, with no additional event fees

2 participation categories:

Category CLUB - compete at an official venue, with 1 or more officials present

Category SOLO - compete at a park or similar, with no one else present

Results to submit should be from throws made between

Friday Oct 2 to Monday Oct 5, and need to be submitted by midnight AEDST Monday Oct 5.

A results certificate will be emailed to you after the competition results have been finalised. You may enter results for the following events:

- Individual Events - Hammer, Shot Put, Discus, Javelin, Weight Throw
- Throws Pentathlon
- Heavy Weight Pentathlon
- Super Weights
- 56lb and 100lb throws

VIRTUAL EVENT Registration: click here (Entry open Aug 25 - Sep 30)

<https://reg.emlsports.com/meet/virtual-ama-winter-throws-2020>

Now I love my wife and we have been getting along really well during lockdown. But, there are times when you might need a nap or just some thinking time without being asked “could you just give me a hand for a moment?”, “have you put the bins out?” or “would you like a cup of tea?”. Often, if I do have a nap on the couch, she will come into the room and say “Oh, you’re asleep” I’ve found that this mechanic’s trolley for sliding under cars is a godsend. I wait until Kath goes to the toilet or is on the phone (never have to wait long for that !) and I slip out to the garage, lay on the trolley and slide myself under the car. My little oily paradise. Bliss.



What's wrong with athletics today

Are there more pacers than racers ?



ASK THE COACH

(THE COACH IS BEING SERIOUS)

Today we look at a couple of the most outstanding athletes of the last decade. To watch David Rudisha run is to see one of the most beautiful movers of all time. With Eliud Kipchoge, who also moves gracefully, it's to see a great technique coupled with relaxation.

ELIUD KIPCHOGE

No doubt about it. Kenyan Eliud Kipchoge is the dominant marathoner in the world. He is the first person to run a marathon in under 2 hours, albeit in artificial circumstances e.g. on a specially chosen course and with a huge squad of pacers. Still, he did win the Olympic Marathon in Rio De Janeiro in 2016, and he does hold the World Record of 2:01:39 (yes, 2:01:39) set in Berlin. One of the most brutal things in marathon running is surges. Coping with other peoples' or doing your own. In the sub 2 hour run, they ran at a metronomic pace and had the mental comfort of knowing they didn't have to be alert to breakaways or "team slowing tactics".

Apart from all this, Eliud is a beautiful runner and my current "mancrush" David Rudisha, had better watch out.

DAVID RUDISHA

This man's running style is perfection. Absolute perfection. He is an 800m runner, and of course, runs more like a middle distance (or 400m) runner than than Kipchoge. David won two successive Olympic Golds and two World Championship Golds in the 800m as well as setting the WR of 1:40.90. David has not run for 18 months due to injury, personal issues and a terrible car crash, but he says he wants to come back for Tokyo and become the only man to ever win 3 Olympic 800's. Ironically, the name "Rudisha" is the Swahili word for "return". I am torn between hoping he can come back and do a "threepete" and worrying that he will not be what he was.

What you notice about Rudisha is his massive stride length and how he achieves it so comfortably. Also the height of his trailing foot. Where they say you should kick your bum, David is in danger of kicking the middle of his back.

I have seen an argument that he overstrides, and his foot lands in front of his knee. And, yes, it does. The companion argument is that this is why David has recently had knee problems. Maybe so, but it allowed him to reach heights that no 800m runner ever has. Would you say "Just cut back that stride length, mate, it may allow you to win a couple of Olympic Gold etc. but in the end it will be cruel you".

In his 2016 Rio Olympics triumph, he sat behind his fellow Kenyan for the first 400m which was run at breakneck speed, then sat beside him for 100m then dialled in - "increase stride length to 4.8 metres" and cruised away. Have a look on YouTube :

In London, at the 2012 Olympics, he leads all the way. While the other runners are losing their form, albeit running incredibly fast, David's form is impeccable.

How would you like to knock off the World Record while looking completely relaxed !!

Look at it here :

https://www.youtube.com/watch?v=z2R_aX-1ooFI

MUST SEE

Eliud Kipchoge is running the London Marathon 4th October it will be live on YouTube. Very early in the morning. Check the time for yourself

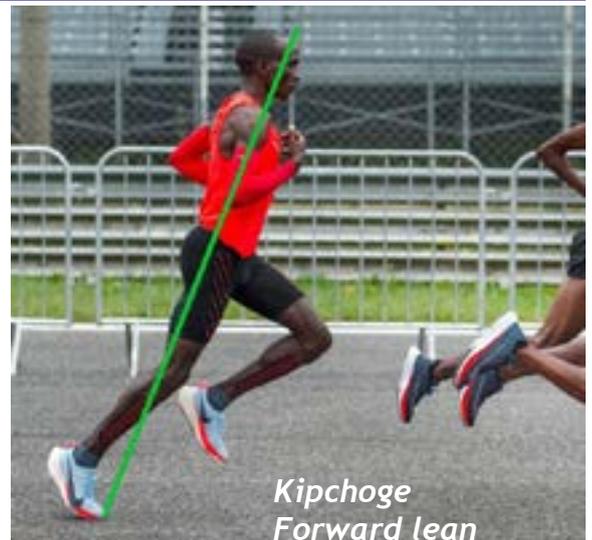
David Rudisha in full stride



Is there and reason to compare a marathoner with an 800m runner ? Probably not. But here goes.

Kipchoge

If you did watch the sub 2 hour marathon you would see Kipchoge looked so relaxed compared to some of the pacers. He has a pronounced forward lean. Not from the waist, but over his whole body. His stride length is ample but he achieves it while landing on his midfoot right underneath his body weight. If you look at Eliuds' arms, they are significantly more bent at the elbow than most marathoners, who usually carry their arms at a 90° bend. Eliud and a lot of his African cohorts, bring their hands almost up to their throat and push back not much further than their midriff. Their arms are carried much higher than usual.



Kipchoge Forward lean



Kipchoge Midfoot landing is right under his bent knee



Kipchoge Stride length

Rudisha

You will see that David's landing foot is just ahead of his knee. Technically overstriding. But his stride length is massive and he always looks so relaxed and appears to be cruising. His arms are like a sprinter and, as said before, his trailing foot kicks up so high. His body position is more upright than Kipchoge and that is to be expected. Overall score 12 out of 10.



Rudisha landing



Should You Change Your Stride Length?

Runners World - Ashley Mateo | 25 Jun 2020

Your gait may never look quite as gazelle-like as Kipchoge's, but that doesn't mean you're less efficient.

One, two, one, two, one two... Running has a pretty obvious rhythm, but it's pretty rare to see a group of runners in lockstep. Just like every runner's body is different, every runner's stride is unique to them. And finding the right stride length can help you run more efficiently, more safely, and maybe even faster.

What is stride length?

The word "stride" is used pretty casually among runners and is often confused with your gait or your step count. But "stride length is the distance covered between the spot where one foot hits the ground and the next time that same foot hits the ground again," says Robert Maschi, an associate clinical professor in the Physical Therapy and Rehabilitation Sciences department at Drexel University and the leader of Drexel's Running Performance and Research Center.

That's two steps—one with your right foot, one with your left. The number of steps you take is always twice the number of strides, and the number of steps you take per minute is called cadence.

It's hard to think about—or tinker with—your stride length without also considering your cadence and pace, says Erika Lee Sperl, a kinesiologist and high-performance sport consultant based in Los Angeles. "If you're maintaining the same pace but running with a shortened stride length, you'll increase your cadence because you'll be taking more steps per minute," she explains. "If you lengthen your stride, you'll be taking less steps per minute at the same pace."

What is the ideal stride length?

The short answer: It depends. You've probably heard that an average of 180 steps per minute is the "magic number" for cadence. "This is based on observations by the famous running coach Jack Daniels, who wrote that the majority of elite distance runners at the 1984 Olympic games had a cadence of 180 foot strikes per minute and higher," says Maschi. Recreational runners, though, tend to run with a cadence of 140-170 foot strikes per minute, he adds.

It's actually not just the overall length of a step or a stride that's important, says Maschi. "What's most important is the position of the foot relative to the center of your body (your center of mass) when it contacts the ground," he explains.

That's because stride length functions on a bell curve. "Research has repeatedly shown that overstriding—that is, running with the leading foot extended too far in front of the body and thus heel striking—is a prime factor for increased risk of injury," says Sperl. "Plus, overstriding places the body in a biomechanically inefficient position to move into the second stage of the gait cycle, and is subsequently less effective in generating forward momentum."

On the flip side, if your stride length is too short, you can't store enough energy in the swing phase of your gait, and you won't be able to use as much force when you hit the push-off phase of your gait, which means you'll have less forward momentum, Sperl explains.

What determines stride length?

Well, you do. Some people naturally prefer a longer stride, and others fall into a shorter stride.

While many people think stride length has to do with height or leg length, it's not just runners with long legs who have a long stride and vice versa, says Maschi; research shows that runners with long legs can have a short stride, while shorter runners can have a long stride.

Should We Really Care About Cadence?

There are a lot of variables that go into the equation, including your individual biometrics: your overall height, the length of your legs, and running biomechanics like your foot strike, says Sperl. “Some of the other variables that determine stride length are body weight, flexibility, and stiffness (or how much the joints of the foot, knee, and hip move during the running gait,” says Maschi.

Plus, your stride length can change during a run, Maschi explains. As you go uphill, your steps tend to get shorter, and you take more of them. On the downhill, your steps will open up, and you’ll take fewer of them. When you generate more power, like during a sprint to the finish, your step length, cadence, or both can increase. And the more fatigued you get, the more your step length, cadence, or both usually decreases (hello, marathon shuffle).

So why does stride length matter?

Remember how stride length goes hand in hand with cadence and pace? “To run faster, a runner needs to either cover more ground with each step length, increase cadence, or a combination of both,” says Sperl.

But finding your ideal stride length and cadence isn’t just about gaining speed. It will also improve your efficiency. “At your ideal stride length and cadence, you’ll be able to run at the same pace with reduced heart rate and oxygen consumption,” explains Maschi. “That reduced heart rate and oxygen consumption would lead to a lower energy cost and effort while running.”

It also helps protect you from injury. “One of the most common injuries in runners is patellofemoral pain, or Runner’s Knee,” says Sperl. “And that’s very common when you have just a slight tendency to overstride—even if it’s not very obvious. Your knee is more extended when your foot hits the ground, so your leg is straighter and further in front of you. The way the force from the ground pushes back up through your body in that position can lead to increased risk of patellofemoral pain.”

Should you change your stride length?

Probably not. Whether you’re a new runner or an experienced one, the stride length you naturally choose is likely your most efficient, according to a 2017 study published in the *International Journal of Exercise Science* that compared runners’ preferred stride length to strides of plus and minus 8 and 16 percent of their normal stride length.

Everything You Should Know About Running Strides

“The body is remarkably adept at remembering movement patterns, and this includes your stride length and steps per minute,” says Sperl. “Sometimes it’s counterproductive to try and change biomechanical patterns that have been ingrained for years.”

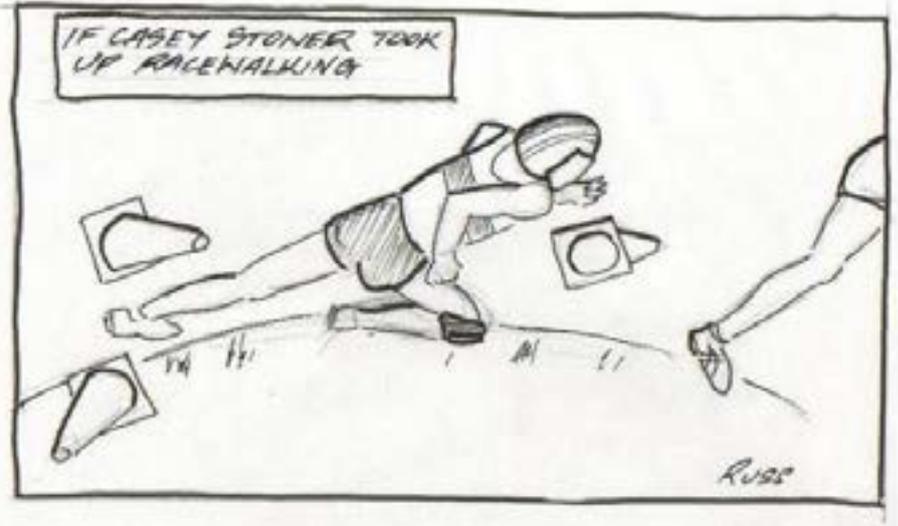
That said, if you can mess with your stride in the right direction, it could make you more efficient, says Maschi. Runners who increased their running cadence a small amount above their self-selected cadence immediately lowered their heart rate in a study published in *PLOS One*.

Increasing your cadence by 5 and 10 percent over your preferred cadence can also decrease overstriding and reduce impact and bracing forces to potentially avoid running-related injuries, research published in *Medicine & Science in Sports & Exercise* found.

If you do tend to overstride (if you’re constantly suffering from hamstring issues, that could be a clue), you may want to get a proper gait evaluation from a qualified physical therapist, biomechanical specialist, or kinesiologist, says Sperl.

FWIW, experienced runners tend to select a cadence that’s closer to optimal for energy expenditure than novice runners, says research published in the *European Journal of Sport Science*. “So it may take some practice to find your most optimal cadence and stride length,” says Maschi. Start by finding your current cadence, then play with taking five to 10 steps more or less,” says Sperl. A heart rate monitor and/or smart-watch can help you see where you’re most efficient.

A few years ago, Tim Erickson was including cartoons about race walking in "Heel & Toe", the excellent newsletter that he does for the Victorian Race Walking Club. I had a go at doing some myself.



PRAMESH PRASAD

Last edition I published Tim Erickson's excellent article on Kevin Cassidy and I thought I'd follow it with another on of his, this time on my friend Pramesh Prasad. Now, "Mesh" is a very popular chap and he turns up to nearly every running or walking event that we hold, but I didn't know his earlier story....

VRWC and VMA members will all know Pramesh Prasad, one of our top Masters walkers and a great ambassador for racewalking in Victoria. But you may not know Pramesh's part in the 1995 IAAF Racewalking World Cup, when he was instrumental in ensuring the first ever Fijian racewalking team was able to compete at that level. You have to backtrack a further 5 years to pick up the story. Pramesh, who was born in Suva on 21 April 1974, had been a good runner in his younger years, competing over distances ranging from 800m to 10km. He was aged 13 when he won his first National Schools Championship, over 800m, and thought at that stage that his future lay in running. However, that all changed in 1990 when Fiji was to host the Oceania Athletic Championships. The Games were scheduled for July of that year and would include a 20km racewalk. Although he would be only aged 16 at that time, his coach (who was also the National Athletics Coach for Fiji) asked him to try the walk. He had only a few months to work on his race walking technique and get ready. It was no easy task. As the only racewalker in Fiji, he was the subject of derision, with people calling him out as he was training at the track or on the road. But he persevered and duly represented Fiji in the Oceania Games 20km walk at 16 years of age.



Opportunities started to flow as he improved in the sport. His next major achievement was a silver behind Brisbane based team mate Caleb Maybir in the 1991 Pacific Games 20km walk in New Guinea, his time a PB of 1:55:50. He was also working at that time to promote racewalking in Fiji, gradually building up a squad of racewalkers, including medical students Dip and Pradeep Chand. With the South Pacific Mini Games to be contested in Vanuatu in December 1993, the Fijian Athletics Federation funded a number of athletes to live and train in Melbourne during the 1992/1993 period. Pramesh was one of the recipients of this largess, basing himself in Melbourne and joining Collingwood Harriers. He was billeted with Judy Mason in Epping for few months before moving in with the other Fijian athletes in Thornbury. His time here proved just the tonic he needed and he quickly set new Fijian 10km and 20km records (his 20km PB of 1:50:07 was done in the 1993 Victorian 20km Championship).

He was selected in the Fijian team for the 1993 South Pacific Mini Games, along with protegees Dip and Pradeep Chand, who had been runners before being talked by Pramesh into giving walking a try. For the record, Pramesh won gold in Vanuatu, while Dip took silver and Pradeep bronze.

The next question was - Could Fiji be talked into sending a walks team to the 1995 IAAF World Team Championships in Beijing? At least three 20km walkers would be needed and, by this stage, Pramesh had around 7 walkers in total in his squad. With a lot of hard work and lobbying over the next year and a bit, it came to fruition when Fiji selected Pramesh, Dip and Pradeep to represent the country in the 1995 IAAF Racewalking World Cup, to be held in Beijing on 29-30 April of that year. Pramesh was the youngster of the three, having just celebrated his 21st birthday a week before.

The 1995 World Cup was one of the largest on record, with 330 walkers in total (226 men/104 women) from 36 countries. And Fiji was there as one of those 36! There was a strong Oceania team, with 8 Australians, 3 Fijians and 4 New Zealanders in the mix, a grand total of 15 walkers. Here is how they fared:

IAAF Racewalking World Cup, Beijing, China, 29-30 April 1995

20km Walk Men

106	Pradeep Chand	Fiji	1:52:30
108	Pramesh Prasad	Fiji	1:54:59
109	Dip Chand	Fiji	1:56:16

Note : Croydon's Wendy Muldoon walked for Australia in this event

PRAMESH PRASAD

Fiji was keen to build on this initial success on the world stage and decided to further fund walking development. VRWC President and senior Australian coach Harry Summers was seconded as the inaugural Fijian National Walks Coach and travelled to Fiji to give a series of coaching seminars and guide the walkers to further improvement. Pramesh was now back living in Melbourne and had decided to retire and pursue his career. Dip and Pradeep were keen to kick on and moved to Melbourne to race, while they completed their medical training. They were regulars at our VRWC competition at Middle Park during the next few years and I had many friendly races against them. Fiji sent walkers to the next 4 IAAF Racewalking World Cups (1997, 1999, 2002 and 2004) but the required improvement was not forthcoming and the funding dried up. Sadly, since 2004, there has been little racewalking action within Fijian athletics. Sadly, Oceania Athletics was never able to build on the initial successes in 1995 and 1997 and it all spluttered out over the ensuing years.

L. to R. - Pradeep Chand, Pramesh and Dip Chand



That should be the end of the story, but luckily there is a very nice addendum. Pramesh had been living in Melbourne since 1995, had a good job, was married with a growing family and was probably long forgotten by those of us still racewalking. And no wonder - after a break of 20+ years, he weighed in at a whopping 125kg on his 41 st birthday in April 2015.

This was a turning point for him - he decided to get fit again, with his first run on that fateful birthday - well, if you could call it a run. He tells me it took several stops to reach his target of one kilometre. 11 months later, in March 2016, he returned to racing, winning the M40 division of the Victorian Masters 5000m track walk in 30:21, and looking just like his old self. He quickly improved, setting PB after PB in his first season back. That year saw him win 3 golds in the Australian Masters Championships in Adelaide in April. He followed with second place in the Victorian 15km roadwalk championship in May, finished the 10 Miles walk at the LBG Carnival in Canberra in June, won his division in the VMA 20km roadwalk later that same month, won silver in the Victorian 30km roadwalk championship in August, won the M40 division in the AMA 20km roadwalk championship in Adelaide a few weeks later, competed in the World Masters Championships in Perth in October (taking 4th, 5th and 10th placings in the walks) and then won 3 golds in the Pan Pacific Masters Games in Queensland. Not a bad first year back after 21 years away from the sport.

Since then, he has been a regular on the Victorian and Australian scene, and is now walking faster than ever. His PBs read as follows:

13:50 (3km), 23:50 (5km), 49:23 (10km), 1:44:14 (20km), 2:46:51 (30km), 4:56:55 (50km) and 3:04 (Marathon Run).

He holds 4 Fijian National Records, more than anyone else, and was able to wear the Fijian colours again when he represented that country in the 2017 Oceania Area Championships in Suva, Fiji, and in the 2019 Oceania Championships in Townsville, Queensland.

That is a long way from the unfit plodder who couldn't run one kilometre in 2015!

He is still working on ways of promoting race walking in Melbourne and in Fiji and is part of a great training group which meets each Monday at the Casey Fields track, a group which includes walkers Heather Carr, Kevin Cassidy, Albin Hess, Hsien Chiam, Marnie Grace, Kyle Bird, Brianna Briet and Ky Irshad, along with some runners.

Of course, this comeback was a big ask for Pramesh, given he and his wife were already busy with their family of 4 children and with their own work commitments. So well done to all the family for all their support - he wouldn't have got back to where he is without a big family effort.

Keep up the good work, Pramesh! See you at Middle Park.

PRAMESH PRASAD



“Mesh” racing at Middle Park (L) and with Scott Nelson at the Melbourne Nationals 2019

A STORY ABOUT MASTERS AND RUNNERS



I've mentioned before about Croydon's Gunther Ilgoutz being a *master* craftsman and he tells me that when the lockdown started there was a conspiracy within his family to ensure that he was busy at home. They decided he needed a "project". His daughter showed him a photo of these quite complicated dressers made out of Tassy Oak with splayed legs and 6 drawers each. The drawers are on *runners* and as I expected the gaps between the drawers are absolutely perfect to the half millimetre. This photo was taken before the drawers were stained.

I dunno about perfectionists like him, I made a perfectly good table the other day with my chainsaw. Took 20 minutes. No need to stain it as I always spill my coffee and spag bol.





VICTORIAN MASTERS ATHLETICS

Membership renewals

Please note: Footprints Newsletter is free to download. If you want a printed copy by post please tick the box on the form over the page. The annual cost is \$10 for printed copies.

Membership fees are unchanged from last year however in view of the disruption caused by Covid 19 a reduction of \$10 is available to any renewing member who is suffering financial hardship. Please tick the box over the page to apply this reduction. This only applies to renewals prior to December 31 2020.

New members may also use this form to register.

PLEASE PRINT DETAILS NEATLY

Family name: Other name(s):

Address: Suburb:

Postcode: Date of Birth: ... / ... / ... Mobile:

Email: Home Phone:

Emergency Contact - Name:

Phone:

VMA venue/s attending:

If AV member athlete club:Qualified coach: Y/N Area:

Occupation or area of expertise:

Circle amount of the membership category applying to you	Payment prior to 1/1/2021	Payment from 1/1/2021
Footprints - To receive newsletter by Post Tick here	\$10	\$10
New Members - Individual member	\$45	\$45
New Members - Two members residing at the same address	\$75	\$75
Renewing members (from 2020)		
Renewing - Individual Member	\$35	\$45
Renewing - Two members residing at same address	\$55	\$75
Financial Hardship Claim Tick here	-\$10	Nil
Life Member	Free	Free
Renewing 80+ Member (If a member for the previous 5 consecutive years)	Free	Free
Volunteer - (non-competing)	Free	Free
Lapsed Members - Individual member	\$45	\$45
Lapsed Members - Two residing at same address	\$75	\$75
Associate Member (Under30)	\$20	\$20
Voluntary Donation to VMA Inc.		
Current AV Members	\$35	\$35

PAYMENT - Please make cheques or money orders payable to Victorian Masters Athletics and send the Subscription to:
 VMA Registrar
 Judy Farrell
 15 Blackwood Drive Pakenham Vic 3810.

 Phone: 03 5941 9442

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.. 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: Date: ... / ... /

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.

For VMA Uniforms Information - Contact Ewen Wilson (M) 0423 424 185

Please Note: The regulation VMA uniform must be worn for all VMA championship events.

Victorian Masters Athletics Inc. - Venue Managers

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PLEASE NOTE :
All Venues are closed.
These are our non - lockdown
hours

Victorian Masters Athletics Inc.

Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
CASEY	160 Berwick - Cranbourne Rd, Cranbourne East Monday nights, 7-9pm	Melway134 E8
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Tom Kelly Athletic Track Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
GLEN EIRA Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events	Melway 68 K9
KNOX Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
MENTONE Athletic Track	Dolamore Reserve, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm	Melway 87 B6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm	Melway 80 E12
SOUTHERN PENINSULA	<i>Fortnightly in winter on Sunday at 9:00 am</i> <i>Contact Managers for details. Truemans Road</i> <i>track no longer in use.</i>	
EASTERN MASTERS	A middle distance Running Group who offer structured Speed & Tempo training sessions for VMA runners of all abilities. Meeting Tuesday & Thursday evenings . Jells Park : Summer. Knox Track Car Park: Winter 6pm Start	

Victorian Masters Athletics Inc.

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