



F TPRINTS

FEBRUARY / MARCH
2021



Shane Grund 8m.56s fastest male and new course record and Julie Norney 10m.58s Fastest Female of the Andy Salter's relay on 3rd February 2021 at Springvale/Noble Park venue

ANDY SALTER 2021

The 38th running of the Andy Salter relay was held at Springvale/Noble Park on February 3rd. A long running inter venue event there were fears we may have had to cancel due to COVID restrictions but thanks to the perseverance of our Venue manager, Claudio Riga he managed to get all the appropriate protocols put in place.

What a great night it was. Perfect weather for running and an excellent turn up with the largest number of participants for several years. Clearly people were excited to be back in competition again and the place was a real buzz. As one person to me after the event he really enjoyed the night but there was one thing wrong – he would have to wait 12 months for the next one. Many thanks to the venues that continue to support this event and organise their members to attend. There were 22 run teams and 6 walk teams.

Despite some talk leading up to the event that Knox could be beaten, it turned to be wide of the mark as they turned out to be clear victors and continue their winning streak. The run of the night came from Shane Grund with a time of 8.56 to beat the previous record of 9.04 held by Brian Simmons, set in 1992. The female record is held by Carmel Papworth at 10.49 set in 2004. Julie Norney has given that a shake a couple of times running 10.58 this year and 10.55 in 2013, so she really has maintained her form for several years. The fastest team time remains at 39.48 by Knox while Springvale has run 40.09 in 1991 and 1992. Not sure if that record will ever be broken.

Results were:-

1st Knox (Shane Grund, Brian Poggendoel, Julie Norney, Mike Bieleny) – 41.55

2nd Eastern Masters No 1 (Brad Buyck, Nicky Hamiltom-Morris, Craig Begg, Chris Cashleigh) – 46.24

3rd Eastern Masters No 2 (Peter White, Celie Massie-Bertie, Michael Friedman, Mark Shalders) – 49.49

Fastest female – Julie Norney 10.58 Fastest male – Shane Grund 8.56

In the estimated time category a Knox team of Michelle Quan, Maggie Hawkes, David Wear and Peter Thorne were 4 seconds out. Maggie and Peter were in the winning team last year so they are obviously good judges of pace. The walk team winner was a Frankston team of Pramesh Prasad, Heather Carr and Greg Lovejoy. Thanks to Frank Allen for mapping out the walk course utilising paths created under Skyrail rather than the previous up and back along Memorial Drive.

This year we had to do supper slightly different due to food handling issues so we opted for Pizzas and a few other easily distributed items. My understanding is that it was well received even though the arrival of the Pizzas was slightly delayed due to the need to increase the order at the last minute when we realised the crowd was bigger than we expected. In any event it gave people plenty of time to catch up and discuss what they had been doing over the past 12 months.

Many thanks to the Springvale crew for organising the supper and the officials for timekeeping, recording, marshalling etc. As usual our members do a great job and make life easy for the event manager.

Alan Bennie
Event Manager

Pictures taken/donated by Chris McArdle



Challenge Team - First Place Knox - time 41m55s
Shane Grund 8m.56s - fastest male and course record
Bryan Poppenpoll 11m.11s
Julie Norney 10m.58s - fastest female
Mike Bieleny 10m.50s



Challenge Team - Second Place Eastern Masters, No. 1 Team - time 46m.24s

Brad Buyck 10m.58s

Nicky Hamilton-Morris 12m.12s

Craig Begg 11m.49s

Chris Cashleigh 11m.25s



Challenge Team - Third Place - Eastern Masters, No. 2

Team - time 49m.49s

Peter White 12m.23s

Celia Massie-Bertie 13m.13s

Michael Friedman 12m.26s

Mark Shalders 11m.47s



Fun run teams - Nearest estimated time - Knox -
4 seconds out
Team - Michelle Quan, Maggie Hawkes, David Wear, Peter Thorne



Fun Walk team - Nearest estimated time - Frankston -
30 seconds out

Team members - Pramesh Prasad, Heather Carr, Greg Lovejoy



Knox Masters Athletic Club – Winner of The Andy Salter Relay.

Trophy Accepted by Tracey Carpenter- Knox Venue Manager.

An article from <https://www.history.com/news/7-ancient-sports-stars> - send by Lou Buccieri

1. Theagenes of Thasos



One of the towering figures of ancient sports, Theagenes was a Greek pugilist who supposedly won 1,300 bouts over the course of a 22-year career. His most significant achievements came at the Olympics in 480 and 476 B.C., when he became the first athlete to win the wreath in both boxing and pankration, an ancient form of mixed martial arts. He would win another 21 championships at the Pythian, Nemean and Isthmian games, and even won a crown as a long distance runner during a competition in the city of Argos.

Theagenes remained undefeated as a boxer for over two decades, and he continued to be a formidable presence even after his death. According to legend, when a vandal later attempted to deface a statue honouring Theagenes, the giant bronze carving fell on the man and crushed him to death.

2. Leonidas of Rhodes

Little is known about Leonidas of Rhodes, a runner who won the wreath in three categories at the 164, 160, 156 and 152 Olympic Games. Leonidas is notable not only for his long career—he won his final championships at the age of 36—but also for his versatility. He won sprint races like the stadion and diaulos, but was also victorious in the hoplitodromos, a strength-based race in which contestants ran in a helmet and armour while carrying a shield.



In total, Leonidas of Rhodes achieved a staggering 12 Olympic victories, a feat that has never been equalled in either the ancient or modern competitions. Even modern swimming star Michael Phelps has only earned 11 individual Olympic wins.

3. Gaius Appuleius Diocles

It's easy to marvel at the astronomical salaries earned by modern athletes, but these riches are a mere pittance compared to the winnings of Gaius Appuleius Diocles, a Roman chariot racer in the second century A.D. During a 24-year career, Gaius competed in over 4,200 races, winning 1,462 and finishing second 861 times.



While there were other chariot jockeys with better records, Gaius had a knack for winning big money events, and his earnings saw him become one of the richest men in ancient Rome. According to University of Pennsylvania professor Peter Struck, Gaius Appuleius Diocles' career winnings of 36 million Roman sesterces was enough to pay the salary of the entire Roman army for over two months—a sum that calculates to over \$15 billion in modern-day cash.

4. Diagoras of Rhodes

Diagoras of Rhodes was a champion boxer and the patriarch of one of the most famous sporting families of ancient Greece. He claimed the crown at the Olympics in 464 B.C., an achievement that was later immortalized in verse by the lyric poet Pindar. He went on to win boxing titles at the Pythian games at Delphi, the Nemean games and the Isthmian games. These victories saw Diagoras become a *periodonikes*—an honour bestowed upon sportsmen who won at all four major festivals.



Diagoras is perhaps most famous for the achievements of his three sons, all of whom won championships in boxing or pankration. When his sons Damagetus and Acusilaus won both events at the 448 B.C. Olympics, they are said to have celebrated by carrying Diagoras through the arena on their shoulders.

5. Chionis of Sparta

A versatile track and field athlete, Chionis of Sparta swept two events during three separate Olympics in 664, 660 and 656 B.C. He specialized in the stadion and diaulos races, a pair of sprints that were among the festival's oldest events, and his record of three consecutive victories was not replicated for nearly 200 years.



Chionis was also an accomplished jumper, and is remembered for having executed a 52-foot leap. Most historians discredit this accomplishment as an embellishment, but others have suggested that the measurement refers to the triple jump, which has its origin in the ancient Olympics. If it was indeed a triple jump, then Chionis of Sparta's 52-foot hop was not equalled in the modern Olympics until as recently as 1936.

6. Arrichion of Phigalia

One of the ancient Olympics' most legendary tales concerns Arrichion of Phigalia, a champion fighter whose career was tragically cut short during a title bout. According to the ancient writer Philostratus, Arrichion had claimed the wreath in pankration at the 572 and 568 B.C. Olympic games, and in 564 B.C. he reached the final for a third time in a row.



During the bout, Arrichion's opponent placed him in a painful chokehold using his forearm. As the life was being squeezed out of him, Arrichion succeeded in dislocating his rival's ankle—though some accounts say it was his toe—forcing the other man to tap out of the fight. While he'd won the title, it was quickly discovered that Arrichion had perished from the chokehold only moments before the fight was called. Some accounts say he died of asphyxiation, while others claim it was a broken neck or cardiac arrest. Arrichion was posthumously declared pankration champion for a third straight time, and was hailed as a hero in his hometown of Phigalia.

7. Milo of Croton

One of the true athletic superstars of antiquity, Milo of Croton was a wrestler known for his larger-than-life feats of strength and prodigious appetite. Milo won the Olympic title an astonishing six times in a row between 536 and 520 B.C., and claimed another 27 championships at the Nemean, Pythian and Isthmian games. Milo is equally famous for his activities outside of the ring. He was a notorious glutton and reportedly could eat over 40 pounds of meat and bread and drink eight quarts of wine in one sitting. He is also said to have led the Crotoniates to a military victory over the Sybarites in 510 B.C., and once saved the philosopher Pythagoras' life by holding a collapsing roof in place until Pythagoras could escape to safety. According to legend, it was this superhuman strength that ultimately cost Milo his life. A famous tale states that as an old man he attempted to split a tree with his bare hands, but he became stuck and was eaten by wolves.



Editor's note

Dear Victorian Masters Athletes,

It is with great pleasure that I am currently editing Footprints. I pass the baton to Russ in October 2008 (as News and Results) and got it back again this year.

I have edited an abridged version of Footprints as I do not have any articles to add and get myself introduced to the athletes of the Victorian Masters Club.

As you can see from this edition, I am not much of an artist as Russ was. So any contribution will be greatly appreciated.

It is better to reach me via email – lindsay.1@bigpond.com as at my current work place does not allow access to mobile phones.

May I ask all venues managers to check section on the Venues & Venues Managers sections as I had to type them from scratch?

This edition of Footprints would have been a bit earlier, but I had a slight operation (HOLEP Procedure on prostate) and was admitted to Mulgrave Private Hospital for 6 days. All OK now

Looking forward to hear from you,

Lindsay Oxenham

03 9701 2117 (After hours)



VMA Events Calendar

For full details watch for upcoming events on VMA website

| | | |
|---|---|---|
| AMA Championships | Canberra | Cancelled |
| Easter | | April 2 to 5 2021 |
| VMA Track and Field Pentathlon | Doncaster | 11 April 2021 |
| VMA 10,000 m Track Championship. | Collingwood | 11 May 2021 |
| VMA Track and Field Championships | Doncaster | 24 & 25 April 2021 |
| VMA AGM | Duncan Mackinnon | 2 May 2021 |
| VMA 3,000 m Championship | Duncan Mackinnon | 2 May 2021 |
| WMA Championships | Tampere Finland | Deferred to 2022 TBA |
| VMA Cross Country Championship | Yarra Bend | 20 June 2021 |
| VMA 10 km Road Race – Eric Greaves | Braeside | 25 July 2021 |
| VMA 10 Mile Road Race | Knox | 8 August 2021 |
| AMA Half Marathon Championship (Virtual) see below | Burnley (AV/VMA race) Burnley (Sri Chinmoy race) | 5 September 2021 TBC 19 September 2021 TBC |
| AV/VMA Half Marathon Championship. | Burnley | 5 September 2021 TBC |
| AMA Championships | Brisbane | April 2022 |
| VMA 10 km Road Walk | Albert Park | TBA |
| VMA 20 km Road Walk | Albert Park | TBA |

Note: The AMA Half Marathon Championship will be run in 2021 as a virtual race.

Watch AMA website for full details.

VMA members may choose one of the two nominated races as their entry.



2021
VICTORIAN MASTERS ATHLETICS
3000 METRE CHAMPIONSHIP
and
ANNUAL GENERAL MEETING
SUNDAY 2 May 2021
Duncan McKinnon Reserve

North Road, Murrumbena

Race Start : 11.00 (check in 30 minutes before)

Followed by Lunch at 12:30 and AGM

ONLINE ENTRIES ONLY through VMA website

Entries close April 29 at midnight

<https://www.registernow.com.au/secure/Register.aspx?E=43076>

All VMA members and partners/friends are invited
to attend the Annual General Meeting and complimentary lunch to be
held in the pavilion following the race.

All VMA Committee positions become vacant at the AGM.

Members are invited to nominate for any position on the committee.

Please contact a member of the current committee to discuss the duties
involved in running VMA



2021 TRACK & FIELD PENTATHLON CHAMPIONSHIP

Sunday 11 April

12:00 midday start; Check-in 11.15 am

Venue: Doncaster Athletic Track - Rieschiecks Reserve

Entry: enter on-line through VMA web-site

<https://www.registernow.com.au/secure/Register.aspx?E=43075>

Registered Interstate or overseas Master's athletes are welcome to compete and will be awarded any appropriate place medal but will not displace a VMA member from a place.

All VMA entrants must be registered for 2021 and wear their State uniform.

Further details: Tony Bradford – 0447 139 202

Closing date for T & F Pentathlon: Sunday April 4 2021 - Cost: \$10

No entries on the Day

Events (in order): Women: 100m, shot, LJ, javelin, 800m

Events (in order): Men: LJ, javelin, 200m, discus, 1500m

| Victorian Masters Athletics Inc | Venues | |
|------------------------------------|---|---|
| ABERFELDIE Athletic Track | Aberfeldie Park, Corio Street, Moonee Ponds | Melway 28 D6 Wednesday nights, 7 – 9pm |
| CASEY | 160 Berwick – Cranbourne Road, Cranbourne East | Melway 134 E8 Monday nights, 7 – 9pm |
| COBURG Athletic Track | Harold Stevens Athletic Field, Outlook Road, Coburg | Melway 18 A9 Thursday nights, 7 – 9pm |
| COLLINGWOOD Athletic Track | George Knott Reserve, Heidelberg Road, Clifton Hill | Melway 30 F12 Tuesday nights, 7 – 9pm |
| CROYDON Athletic Track | Behind Arndale Shopping Centre, Mount Dandenong Road, Croydon | Melway 50 K5 Tuesday nights, 7 – 9pm |
| DONCASTER Athletic Track | Tom Kelly Athletic Track, Rieschieks Reserve, George Street, East Doncaster | Melway 33 J11 Monday nights, 7:30pm |
| EAST BURWOOD Athletic Track | Burwood Road, Opposite Mahoneys Road, Behind Basketball Stadium | Melway 62 C7 Thursday nights, 7 – 9pm |
| FRANKSTON Athletic Track | Ballam Park, Bananee Terrace, Frankston | Melway 103 B4 Thursday nights, 7 – 9pm |
| GEELONG Athletic Track | Landy Field, off Barwon Terrace, Geelong | Melway 228 C7 Wednesday nights, 6 – 8pm |
| GLEN EIRA Athletic Track | Duncan McKinnon Reserve, Cnr North Road & Murrumbeena Road | Melway 68 K9 Tuesday nights, track events, 7 – 9pm Sunday, field events |
| KNOX Athletic Track | Bunjil Way, Off Ferntree Gully Road, Scoresby | Melway 73 D7 Wednesday nights, 7 – 9pm |
| MENTONE Athletic Track | Dolamore Reserve, Cnr First Street & Queen Street, Mentone | Melway 87 B6 Wednesday nights, 7 – 9pm |
| SPRINGVALE/NOBLE PARK | Ross Reserve, Memorial Drive, Off Corrigan Road, Springvale | Melway 80 E12 Wednesday nights, 7 – 9pm |
| EASTERN MASTERS | A middle distance Running group who offers structured Speed & Tempo training session for VMA runners of all abilities. Meeting Tuesday & Thursday evenings Jells Park : Summer Knox Track Car park : Winter 6pm Start | |

Victorian Masters Athletics Inc. – Venue Managers

| Venue | Manager | Email Address | Telephone |
|-----------------------------------|---|--|--|
| Aberfeldie | Tony Bradford | anthonybradford@bigpond.com | 0447 139 202 |
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| Coburg | Paul O'Neill | advancedhealth@bigpond.com | 0409 331 979 |
| Collingwood | John Pocock | pocockjr87@gmail.com | 0412 077 223 |
| Croydon | Andrew Egginton | egg123@bigpond.com | 03 5962 3072 0408 325 356 |
| Doncaster | Graham Ford | gford@bigpond.net.au | 0419 361 487 |
| East Burwood | Christopher Worsnop Gerald Burke Jack Fredrickson | Christopher.worsnop@austin.org.au geraldburke@optushome.com.au | 0403 910 183 0408 315 471 03 9802 6926 |
| Frankston | Frances Halton David Dodson | rfhalton@alphalink.com.au david.dodson@iinet.net.au | 0405 474 472 03 9782 1712 |
| Geelong | Alan Jenkins | Alanjenkins4@bigpond.com | 03 5221 7468 0419 314 568 |
| Glen Eira | Mike Clapper | Mikeandjo52@gmail.com | 0419 993 893 |
| Knox | Tracey Carpenter | traceycarpenter@y7mail.com | 0407 093 132 |
| Mentone | Ashley Page | Apa16161@bigpond.net.au | 0448 866 025 |
| Springvale/ Noble Park | Claudio Riga Anthony Doran | claudioriga@aol.com anthonyjdoran@y7mail.com | 0478 312 167 0425 796 740 |
| Throwers | Graeme Rose Ken Priestley | grarose@yahoo.com knjoy@bigpond.net.au | 03 9836 2350 0417 134 601 |
| Eastern Masters | Bronwen Cardy David Sheehan | browncardy@hotmail.com.au midget32@hotmail.com.au | 0422 213 050 0448 213 200 |

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