



Shirley Coppock (East Burwood Venue) 85th Birthday

See full report on page 14, Shirley has also some Australian records – refer to page 36 and Victorian records – refer to page 28

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Recent results of the following events are now on the VMA website:-

- VMA T & F Championships, Doncaster, 24th & 25th April 2021
- VMA T & F Pentathlon, Doncaster, 11th April 2021
- VMA Throws Pentathlon, Duncan Mackinnon, 21st March 2021
- AMA/VMA Multis, Bendigo. 13th February 2021

NEIGHBOURS NIGHT

Neighbours Night was a great success! There were the usual hiccups but everyone was very accommodating and had a great time.

Doncaster had an awesome team prepared to defend their 240+ crown, but unfortunately David McConnell's left foot flared up over the weekend, so he swapped with Graham Ford - and then proceeded to leave Graham in his dust on the first leg! Luke De Biasi looked magnificent chasing 75-year-old world champion Keith Howden down the final straight, but fell short, though both teams broke the record set by Doncaster last year. Greg Champion did his Achilles finishing for the Doncaster Deadbeats. Coburg came over the top of the second Collingwood team.

In the 180+, John Cooper pulled a hamstring in the first leg, which all but ended Aberfeldie's chances. Collingwood again got away early, but Warren Hattwich had Doncaster within striking distance before he and Matt Hughes made a mess of the last change, losing about ten metres in the process. Then Matt flew past Scott Lovell from Collingwood, who had already run a leg in the 240+ relay. Unfortunately, two eagle-eyes Collingwood officials complained that Doncaster had changed outside the change zone, so they were disqualified. The Doncaster Devils held off a fast finishing Aberfeldie.



Matt Hughes (Doncaster) and Scott Lovell (Collingwood) in 4x200m Relay 180+

However, Doncaster officials disqualified the Magpie Mavericks in the All Comers relay because of a lane infringement. Unfortunately, the Doncaster Oldies, clearly the oldest team in the competition, couldn't beat the Magpie Moonbeams, with Andrew Close, guided by Adam Delbridge, bringing them home. So it was a clean sweep for Collingwood.

There was a 2000 metres and a couple of 80 metres heats after the relays, followed by a sumptuous supper and presentations. A new shield had been purchased for the 180+ competition as the old one had run out of space.

Vision-impaired athlete, Andrew Close, who competed each week at Doncaster, Collingwood and Coburg, thanked everyone for making him feel welcome and helping him by providing guides.



Simon Evans (Doncaster) and Rob Irwin (Aberfeldie) in 4x200m Relay 180+

The Newsletter for Collingwood Masters Sprint Athletes: March 2021

Collingwood Masters Venue Newsletter

March Relay Wrap up of Neighbours Night.



The 14 member Collingwood Crew at Neighbours Night at Doncaster: Monday 1st March, 2021.

*Back row: Sofie Fabre, Andrew Close, Anna Corney, Mary Murphy, Tpony Dell, Karen Carah, Sarah Frank, Adam Delbridge and Marty Galea.
Front row: Peter Gero, Keith Howden, Shane Derby, Scott Lovell and Jim Hopkins.*

A Clean Sweep !

There were six races at Neighbours Night and we won 5. Amazing!

There were two feature events – In the 240+ 4 x 200M Relay, our Comets won outright in a race record time of 2 min 9.02 seconds.

Our Clippers were 5th in a time of 2.37.34.

In the 180+ 4 x 200M Relay, our Magpie Matadors finished second but won the race when Doncaster Dynamos were disqualified for changing the baton in the wrong area at the last change.

Relay Wrap – Neighbours Night – Monday March 1st at Doncaster.

The Allcomers 4 x 200M relay was won by our Magpie Moonbeams when Magpie Mavericks were disqualified for an infringement at the first changeover area.

Although we didn't win the 2,000 metre event, we won both 80M races with Marty Galea and Peter Geronimo taking out each of the two heats!

Most of us would have had the aim of 'doing our best' against teams from Aberfeldie, Coburg and Doncaster but our results were quite extraordinary. Basically, our better baton changes made the difference



The Collingwood Comets: Marty Galea, Keith Howden, Anna Corney and Scott Lovell

Our thanks to Wayne Fitzsimmons for the photos in this Newsletter.

One little reminder: Runners who ‘borrowed singlets’ – have you returned same to Sofie or purchased the item for \$ 20- ?

Our Venue has now won 10/16 180+ relays and one from two 240+ !!!

Relay wrap – Neighbours Night – Monday 1st March at Doncaster



Collingwood Clippers: Shane Derby, Mary Murphy, Tony Dell and Jim Hopkins

Jim Hopkins ran with a dodgy hammy and he also acted as the back straight changeover official. How did he manager both? Mary ran for both the Clippers and Moonbeams and Tony and Shane were also ‘Mavericks’.

Unfortunately we did not get a picture of the winning 180+ Magpie Matadors

The team was made up of Adam Delbridge (c), Karen Carah, Peter Geronimo and Scott Lovell.

The Magpie Moonbeams (whose ages added to 179 meaning they were ineligible for the 180+ race)



The Magpie Moonbeams: Andrew Close, Sofie Fabre, Sarah Frank (with her unique hairdo) & Mary Murphy

A thank you goes to our supporters who braved the cold to cheer our runners on: Kate Conlon, Wayne Fitzsimmons and Nick Carah.



The crew after Supper with our trophies

Considering the fact that Masters Venues have only re-opened this year after the pandemic and lockdowns, eligibility criteria was reduced to V.M.A. membership or one outing at the venue...a sensible move meaning the night itself was viable and competitive.

Victorian Masters Pentathlon Championships

These Masters athletes are a hardy lot! On Sunday April 11 the Victorian Pentathlon Championships was held at Doncaster. The forecast was for the coldest day since last winter with rain and hail! There were 41 entered, the highest number in living memory. One was injured and came along to help on the day. Of the other 40, only two didn't front - probably due to injury. A big thank you to all those who came to help on the day, particularly Kath Gawthorn who videoed the sprints to allow for electronic timing.

The weather varied throughout the day with the sun breaking through, followed by more rain. The women ran their 100s in driving rain while the men had sunshine for their 200s. However, spirits remained high throughout the day.

In spite of the conditions, Donna Clark managed to break the Victorian pentathlon record for the W65. David Featherston was the top scorer with 2922 in the M45, while the M60 was the strongest competition with five competitors.

They are an honest lot too! One athlete came up to complain that he couldn't have possibly thrown that far in the javelin, though that was the distance on the sheet. Another said the same for his 200 metres time, which hadn't been transcribed correctly.

It was a great day!

Phil Urquart, president of AMA and still secretary of VMA, came especially to present Kath Gawthorn with a service award. Congratulations Kath!

NB Doncaster hold a regular Pentathlon competition on the third Monday of each month and athletes from other venues are welcome. The first event is at 7pm.

W35

1st Jessica Dux 2104

100 13.32 (737), Shot 8.31 (439), Long 4.36 (446) Javelin 18.38 (280) 800 3:21 (202)

2nd Gulshan Kaur 947

100 16.62 (276), Shot 5.37 (243), Long 3.41 (216) Javelin 11.27 (141) 800 3:44 (71)

W40

1st Natasha Francina 1732

100 15.49 (486), Shot 6.50 (348), Long 3.54 (290) Javelin 26.08 (475) 800 3:41 (133)

W45

1st Kim Walsh 1954

100 16.25 (464), Shot 8.13 (510), Long 3.57 (355) Javelin 21.71 (422) 800 3:39 (203)

W50

1st Sherry Gathercole 2123

100 15.05 (715), Shot 6.85 (440), Long 3.38 (362) Javelin 18.96 (381) 800 3:46 (225)

2nd Sonya Pollard 1664

100 14.90 (738), Shot 6.02 (372), Long 2.71 (178) Javelin 8.39 (125) 800 3:42 (251)

W55

1st Linda Caligiuri 2190

100 14.03 (968), Shot 5.84 (399), Long 3.79 (581) Javelin 6.34 (99) 800 4:12 (143)

2nd Angela Edwards 1840

100 17.70 (451), Shot 6.63 (469), Long 2.38 (140) Javelin 22.09 (541) 800 3:55 (239)

3rd Erika Bedyne 1510

100 19.02 (310), Shot 6.10 (423), Long 2.40 (144) Javelin 12.18 (260) 800 3:36 (373)

W65

1st Donna Clarke 2418 (Victorian Record)

100 16.56 (787), Shot 5.64 (48), Long 2.59 (312) Javelin 11.94 (300) 800 3:43 (531)

W70

1st Bev Learmont 2061

100 16.56 (787), Shot 5.64 (48), Long 2.59 (312) Javelin 11.94 (300) 800 3:43 (531)

M35

1st Greg Carstairs 1838

Long 4.67 (346) Javelin 39.37 (440) 200 25.92 (564) Discus 27.42 (422) 1500 7:07 (66)

2nd Kuldeep Singh 1623

Long 4.50 (315) Javelin 18.49 (144) 200 25.73 (579) Discus 16.20 (206) 1500 5:37 (379)

3rd Shane Chapman 1537

Long 4.79 (371) Javelin 26.24 (251) 200 28.27 (390) Discus 21.70 (310) 1500 6:16 (215)

4th Narinder Singh 1485

Long 4.51 (317) Javelin 26.13 (250) 200 27.89 (416) Discus 16.10 (204) 1500 5:55 (298)

M40

1st Brett Gilligan 2862

Long 5.60 (608) Javelin 38.42 (467) 200 24.76 (728) Discus 31.03 (547) 1500 5:24 (512)

2nd Clint Miller 2227

Long 4.61 (386) Javelin 30.40 (342) 200 27.08 (538) Discus 30.66 (539) 1500 5:42 (422)

3rd Cameron Baker 2137

Long 4.74 (413) Javelin 34.35 (403) 200 26.01 (622) Discus 21.73 (347) 1500 5:57 (352)

M45

1st David Featherston 2922

Long 5.36 (628) Javelin 36.73 (486) 200 27.49 (573) Discus 27.26 (521) 1500 5:01 (714)

2nd Will Pratt 2429

Long 4.46 (411) Javelin 29.91 (371) 200 28.83 (475) Discus 24.31 (450) 1500 4:59.7 (722)

3rd Pramesh Prasad 1469

Long 3.41 (195) Javelin 19.96 (207) 200 33.28 (211) Discus 16.79 (276) 1500 5:25 (580)

M50

1st Shawn Hennig 2200

Long 4.08 (384) Javelin 32.37 (459) 200 30.23 (516) Discus 22.22 (323) 1500 5:52 (518)

2nd Grant Murfett 2011

Long 3.53 (261) Javelin 23.81 (303) 200 29.04 (599) Discus 21.02 (300) 1500 5:46 (548)

3rd Tony Dell 1108

Long 2.69 (133) Javelin 18.11 (219) 200 37.93 (117) Discus 18.46 (281) 1500 6:46 (358)

M60

1st Rob Newling 2076

Long 3.27 (308) Javelin 21.96 (314) 200 32.43 (446) Discus 18.13 (258) 1500 5:39 (750)

2nd Jeet Singh 1999

Long 3.95 (494) Javelin 16.31 (203) 200 29.18 (665) Discus 19.25 (281) 1500 7:07 (356)

3rd Ian McCormack 1970

Long 3.48 (361) Javelin 19.92 (273) 200 32.39 (448) Discus 23.85 (374) 1500 6:28 (514)

4th Simon Evans 1851

Long 3.10 (266) Javelin 16.46 (206) 200 32.10 (466) Discus 23.74 (372) 1500 6:22 (541)

5th Albin Hess 976

Long 2.44 (121) Javelin 15.96 (196) 200 40.40 (82) Discus 18.64 (268) 1500 7:20 (309)

M65

1st Mike Clapper 2360

Long 4.01 (604) Javelin 21.17 (342) 200 32.01 (553) Discus 17.06 (269) 1500 6:31 (592)

2nd Frank Prowse 1006

Long 1.81 (38) Javelin 15.82 (226) 200 39.90 (151) Discus 15.28 (231) 1500 7:29 (360)

M70

1st Graham Ford 2207

Long 3.37 (492) Javelin 18.34 (327) 200 33.49 (556) Discus 25.48 (515) 1500 8:11 (317)

M75

1st Tom Leong 1650

Long 2.70 (356) Javelin 17.72 (349) 200 39.02 (366) Discus 17.05 (356) 1500 9:25 (223)

2nd Neville Gardiner

Long 1.95 (132) Javelin 13.69 (242) 200 46.10 (97) Discus 19.05 (412) 1500 9:49 (167)

3rd Andrew Fraser 740

Long 1.96 (135) Javelin 11.26 (179) 200 44.75 (136) Discus 14.62 (290) 1500 12:51 (0)

M80

1st Allan Wood 1551

Long 2.46 (360) Javelin 18.77 (432) 200 43.81 (290) Discus 12.78 (291) 1500 10:47 (178)

2nd Barry Dorr 1283

Long 2.13 (244) Javelin 15.78 (342) 200 46.63 (186) Discus 13.47 (312) 1500 10:37 (199)

EAST BURWOOD MASTERS

WOW. What a roller coaster ride in the last twelve months. Here is the report from East Burwood Masters since we started back again after the Covid-19 lock down.

We started our Thursday night competitions again on 19th November 2020. Many regular athletes came to the track, relieved to be let out again. A great team effort with lots of patience and assistance made sure that our first night back ran (and walked and threw) smoothly.

SPECIAL THANKS to Toni Matters for organizing electronic registration and payment systems; to Chris Robinson for the “Welcome Back” decorations and welcome packs; to Chris and Shirley Coppock for getting supper prepared; and to Gerald Burke, Stephen Day, Pete Battrick, Donna Clarke and Jack Fredrickson for their advice and help.

We had a full programme, but focusing on shorter events so that we would not be out too late. The male and female winners were Paul Durrant and Aggie Byers in the 60m, Graham Ford and Chris Robinson in the 400m, Kevin Cassidy and Kylie Irshad in the 800m walk, Christopher Worsnop and Aggie Byers in the 100m, Leo Watson in the 1000m walk, Stephen Day in the 3000m, Graham Ford and Aggie Byers in the 200m, and Graham Ford and Toni Matters in the discus.

Things started to get serious in the following weeks with a few of the usual East Burwood series starting again.

CRUSH COVID 1000 m WALK SERIES As people’s form was going to be unpredictable after the lock down, our inimitable handicapper, Pete Battrick, wanted to wait a few weeks before issuing handicaps, so this series started with two “Nominate Own Time” rounds. Paul Moritz was a clear winner with 6:29. As consistent as ever, Pete won the NOT, only 2 seconds out, and Leo Watson was next, only 4 seconds off. The second round was also a NOT event. Leo Watson was the winner, only 6 s out, then Paul Moritz 10s, and Peter Battrick 11 sec.

The handicapper sharpened his pencil for Round Three, Janet Holmes, Melanie Bissett and Paul Moritz took advantage of him and were the first three. Liz Clennell won by nearly a minute in the fourth round ahead of Janet Holmes, Zac Matters and Angela Edwards. Consistency among the regular competitors saw Leo Watson win the series with 189 points, just ahead of Phyllis Gosbell (187) and Brian Tait (184).

FREEZING FREDDO FROG 4000m SERIES Stephen Day had a great run winning in 17:43. As with the walk the handicapper played it safe so we had NOT events for the first two rounds. The best three predictors were Worsnop, Stephen and Paul Durrant in the first round, then Paul Durrant who was exactly right without a watch, followed by Worsnop and Bernie McLoughlan.

The handicapper did well with the first handicap run after the lock down. Paul Earle was first (17:50), just five seconds ahead of Jing Jian (23:10), with Worsnop (20:15) twenty seconds further back.

TRI THROWS SERIES This series’ points were based on age graded performances. Alan Wood won the shot put with 6.79 m (58.8 %), followed by Toni Matters 8.85 m (56.2 %) and Bernie McLoughlan 7.66 m (53.9 %). Toni won the discus (49.9 %), followed by Paul Durrant

(41.9 %) and Allan (38.6 %). Allan (46.5 %) just pipped Toni (46.4 %) in the javelin in drizzly conditions. Angela Edwards was third with 40.9 %. In the final standings Toni won just ahead of Allan, and then Paul was third.

CHRISTMAS PARTY A large crowd gathered for our annual Christmas party. We had a slightly shortened programme then a lovely dinner. Thanks to Gerald and Anita Burke and everyone else for helping get the whole function organized. We had a special visit by Leo Coffey and his daughter Maryanne.

As well as finishing the three series we had some sprints. Paul Durrant was best in the 60 m with 8.8; Andrew Close was the best in the 100 m with 15.2. Adam McCann ran 71.6 in the 400 m, and Aggie Byers ran 78.2 to win the NOT having nominated 78.1.

After a break over Christmas and New Year we resumed on 7th January. The New Year saw some new series starting.

SPECIAL NIGHTS We had a special night leading up to Australia Day. There were plenty of Australian flags and bunting, as well as other Aussie decorations. People dressed in their best green and gold, and we had a special Aussie supper with cheese and Vegemite sandwiches, lamingtons and scones. Thanks to Shirley Coppock for bringing some uniquely Australian prizes.

For Valentine's Day people dressed in red and pink and we had some lovely flower arrangements. There was a "hearty" supper with heart shaped cakes, biscuits and event sandwiches in the shapes of hearts.

1000m WALK NOT SERIES Nominate Own Time (NOT) events are good test of consistency and self judgement. Each athlete nominates his/her expected finishing time before the start. The person with the real time closest to the nominated time is the winner. No watches during the race of course. Adam McCann was the winner in the first round, only one second out. Leo Watson was two seconds out, and Paul Moritz seven seconds. Zac Matters and Simon Evans both walked 5:09 in the second round, with Zac less than a second off his predicted time.

The second two rounds were handicaps. Christine Robinson's walking is improving and she won round three well ahead of Trevor Jupp and Brian Tait.

With his consistent performances, Gerald Burke won the series. The next four were tied on points, so where they finished in the last round determined their placings in the series. This gave Christie Robinson the silver medal, Trevor Jupp the bronze medal followed by Paul Mortitz.

SIZZLING SUMMER SPIRAL 3000 m HANDICAP If you start in lane two, run seven laps moving out one lap each time, the distance covered will be very close to 3000m – 2996 m in fact. The first round was won by Adam McCann in 15:02. Perry Birkett was next with an actual time of 12:30, then Jing Jian was third (16:36). The third round was a little more orderly after lots of confusion about how many laps some runners had completed in the second round. Adam McCann ran 13:21 to won comfortably ahead of Ashley Ryan (15:24) and Jing Jian (16:24). There were twelve runners in the final round. Will Sun was fastest with 11:50. Ron

Gillies had a good win in the handicap (13:58) followed by Kylie Arshad (14:16) and Worsnop (14:48).

Worsnop won the series ahead of Adam and Sam.

800 m WALK HANDICAP SERIES Another one of Pete Battrick's handicap series started on 21st January. In this 800 m walk series, Gordon Onley, returning to the track after illness, was first in Round One. Janet Holmes and Christopher Worsnop were not far behind. Round Two was won by Zac Matters just ahead of a fast finishing Simon Evans, with Gerald Burke third. Kaylie Goodrick was a clear winner in Round Three. Kevin Cassidy was second and did the 800 m in 3:35. Trevor Jupp was third. Gordon won the final round just ahead of a fast finishing Kylie Irshad and Christine Robinson.

Consistency over the four rounds gave Janet Holmes the gold medal for the series. Leo Watson and second and Gerald Burke was third.

GWEN DAVIDSON 100 m HANDICAP The Gwen Davidson perpetual trophy is one of the most prized trophies at East Burwood. Early each year there is a series of four heats on different weeks. Points are awarded to place-getters. The top point scorers, who have run in at least three heats, are then eligible to compete in the final for the trophy. As it is a handicap everyone has a chance.

There was so much interest in this event that the first round on 21st January required two heats. Donna Clarke had a good win in the first heat with 13.1 s (off 24 m), ahead of Jess Dux (-1 m) and Andrew Fraser (30 m). The video was needed to separate Shirley Coppock first with 12.9 (42 m), and Leo Watson second with 12.9 (40m), then Toni Matters third with 31.1 (19 m).

There were also two heats for the second round. There was only 0.4 s across the first three with Ann Holcombe (29 m) first, then Toni Matters (19 m) and Jing Jian (14m). Shirley Coppock (42 m) held off the field to her heat ahead of Grant Murfett (3 m) and Donna Clarke (23 m).

Brian Holcombe (40m) won the first heat of the third round. Grant (3m) was second and Ann Holcombe (29m) was third. Stuart Dobrzynski was put 7 m behind the start line, but still won the second heat. Chris Joseph (2m) was second and Shirley (41m) was third.

Shirley (off 41 m) had another win in the first heat of the fourth round ahead of Stephen Day (11 m) and Grant (3m). Leo Watson (40m) held off the field to win the second heat ahead of Chris Joseph (2m) and Ann Holcombe (29m).

A noisy crowd gathered to watch the nine finalists. It was a front markers' race with Brian Holcombe (off 39 m) and Leo Watson (off 40 m) crossing the line together in 12.4. It took several camera angles to separate them, and it was Brian who won. Ann Holcombe (29 m) was third with 12.7, then Shirley Coppock (41 m) 12.9, Donna Clarke (24 m) 13.1, Grant Murfett (3 m) 13.3, Chris Joseph (2 m) 13.5, Stephen Day (11 m) 13.7, and Jess Dux (scratch) 13.9. So there was only one and a half seconds across the whole field, a credit to the handicapper, Paul Durrant.

TERRIFIC TETRA TWO KM HANDICAP This is another series, but for both runners and walkers. Paul Durrant had a great sprint finish to beat Worsnop, with Paul Earle third in the first round.

Ashley Ryan won the second heat ahead of the walking Paul Moritz and Chris Robinson. Will Sun, who has just starting doing athletics, ran 7:48 to win the third round handicap, well ahead of Leonie Gillies (11:52) and Sam Defanis (9:48).

The winner of the series was Stephen Day, followed by Ashley Ryan and Paul Earle.

MANAGER'S PENTATHLON Toni Matters threw 9.88 (63 %) to win the shot put ahead of Allan Wood with 6.76 m (59 %) and Paul Durrant 9.06 m (55 %). Paul excelled in the long jump with 5.54 m (72 %) followed by Allan Wood 2.56 m (64 %) and Jess Dux 4.01 m (56 %). The discus was won by Toni 28.51 m (51 %), then Paul Durrant 27.8 m (46 %) and Trevor Jupp 16.58 m (43 %). The last two events were done on the same night. Allan Wood won the javelin with 43 %, followed by Christine Robinson (38 %) and Paul Durrant (36 %). Grant Murphett was the best sprinter running 200 m in 28.4 (81 %), along with Donna Clarke 37.6 (81 %). Paul Durrant ran 31.0 (77 %).

With five top three performances Paul Durrant won the Manager's Pentathlon. He had a total of 285 points. Allan Wood was not far behind with 275 points. Donna Clarke was third with 247 points. Overall there nineteen competitors, and seven completed all five events.

EAST BURWOOD 1500 M AGE GRADED CHAMPIONSHIP

Sam Defanis ran a solid race to win the gold medal with 7:16 (67 %), followed by Christopher Worsnop 7:02 (62 %) and Simon Evans in 8:06 (53%).

Come and join us at East Burwood for a fun night of competition and supper.

The track is behind the basketball stadium in the East Burwood Reserve on Burwood Highway.

Events start at 7 pm

Christopher Worsnop 0403 910 183



W55 200m Linda Caligiuri Winner 30.22s

Shirley Coppock

Shirley took up athletics late in life when she was around sixty. She was looking for an activity to keep her fit and one that was in a safe environment. Masters Athletics was ideal for so she became a regular participant at the East Burwood Venue. Bob Lewis and Frank Tutchener helped her with her running, and Lloyd Nichols introduced her to race walking.

She participated in Victorian Masters Championships and Australian Masters Championships and the World Masters Games when they were in Melbourne. She found that her strongest events were the sprints. She was able to set records and win championships.

The supper at East Burwood has become well known for its variety and generous servings each week. This was not always the case, but over the last few decades Shirley has consistently gone out of her way to prepare plates of delicious food to bring each Thursday evening. She has been the one responsible for our famous suppers.



Shirley Coppock – Award at AGM – 2nd May 2021

We often have nights with a theme to make athletics a fun sport. For example, we have a green night in March to celebrate St Patrick's Day. Shirley goes out of her way on each of these nights to have appropriately themed food as well as decorating our venue and dressing in the most spectacular costumes for these nights. She always wins the East Burwood hat competition on Oaks Day in November.



Shirley Coppock with Christopher Worsnop

Gerald Burke sums up the feelings about Shirley that each of us at East Burwood hold for her:

“Shirley is the mother of us all at East Burwood. She is kind, considerate and caring. For years she has been the main provider of supper, recently with Chris Robinson. She supports others, the most notable being Bobby Lewis whom she brought to running in his later years and who spoke his last words in her car as he looked forward to another good night at the track. Shirley supports all the activities and events and always dresses for them to great and colourful effect.”

Shirley is many times a champion and is current holder of her age group 60, and 200 and 400 metre state records. At the last five state championships she won the 60,100, 200 and 400 titles. In earlier times she combined sprints with walking with many wins and placings.

The late lamented Alan Sinclair, whose comments were fiercely frank, declared Shirley the only one at East Burwood with a decent sprinting style.” Gerald Burke

Stewart Handasyde and Ashley Ryan put on a little concert for us at our annual Christmas function. A few years ago they sang their version of “Girl” by The Beatles in honour of Shirley

Shirl. Is there anybody gonna listen to our story, all about a girl who ran today?

She’s the kind of girl who walks and runs there is no other

Kind and very caring every way. Ah Shirl Shirl

When we think of all the times she worked so hard to feed us, soup and chocolate cake to name a few

And she offers just a smile in thanks so we keep eating

Holds the club together like a glue. Ah Shirl Shirl

She’s the kind of girl who knows the D’s are n a roll ... you know it’s True true.

When you say, “We’re looking good” she knows that yeh it’s understood, she’s cool cool cool

Ah Shirl Shirl

Was she told when she was young that life is hard to fathom

Did she understand it when they said

“That a run is just a way to get some fun and leisure

Running jumping walking lies ahead”?

Ah Shirl Shirl

2021 VMA 10 KM ROAD CHAMPIONSHIP (ERIC GREAVES MEMORIAL)

SUNDAY 25 JULY 2021 AT BRAESIDE PARK

In conjunction with VCCL

(Entrance Lower Dandenong Road – Melways Ref 88 D 7)

Run on a fast flat course



ON LINE ENTRIES ONLY

Refer to VMA website vicmastersaths.org.au

Entries close Wednesday 21 July (11.59 pm)

Start time 10 am – check in by 9.30 am

As this is a Championship event VMA uniform (not venue singlets) must to be worn to be eligible for medals.

Enquiries to Alan Bennie 0428990873

The John Gosbell Memorial 5km Teams' Run
To be held at East Burwood Venue
Thursday 10th June 2021 7:40pm (or thereabouts)

This is the fifteenth running of this event in memory of John Gosbell, a former Life Member of VMA and manager at the East Burwood venue. This race has become a fitting tribute to his legacy. We invite all members of Victorian Masters Athletics to this special event.

Prize Categories

- Fastest Male
- Fastest Female
- Best Age-Graded Male Performance
- Best Age-Graded Female Performance
- Medals for winning team members for 1st and 2nd Division as per below
- 6 spot prizes decided by random

Eligibility

1st Division teams are to be of four runners (at least one runner must be female).

2nd Division teams are to be of four runners (at least one runner must be female).

Shield winners will be decided by placings (not times). The teams with the lowest number of points in each division will be the winners.

Venues may have more than one team entered. Each venue can only have one team in 1st Division. If a venue has more teams the remaining teams will be in 2nd Division.

Teams should provide a recorder to record their times. Recording sheets will be provided.

The venue teams are encouraged to wear venue singlets.

VMA team members must be current financial VMA members.

If not in a venue team, individuals may compete and be eligible for individual prizes.

Entry Fees: \$20 per team or \$5 per individual. Pay on the night with a credit or debit card.

Program – Also included on the night are:

7:00pm	60m sprint
7:00pm	Discuss NOD
7:15pm	800m walk NOT
7:35pm	100m sprint

Enquiries to Christopher Worsnop (VMA East Burwood Venue Manager)
(M: 0403 910 183 or email: christopher.worsnop@austin.org.au)

BROWNE SHIELD



The Browne Shield started in 2007 in honour of the contribution made by Dot and Colin Browne to Masters Athletics.

It is a competition between Victorian masters clubs and comprises a season of five long distance events from May to September.

These events are individually Victorian Masters Athletics championship events and in the past runners needed to wear VMA uniform, but in a break with tradition this year we are trialling runners having a choice of wearing their venue uniforms.

The Browne Shield is awarded to the winning VMA venue.

All VMA members are eligible to compete with individual results based on the best four age graded results over the series.

Venue results are based on the best three age graded performances in each race accumulated over the five races.

Venue points can only be scored where a member has nominated a venue on renewal of membership and competes at that venue at least twice between April 1st and September 30th

- The top female and male point scorers are also acknowledged.

Note – the Browne Shield in its illustrious period of existence has so far been won by only one venue.

Peter Thorne

2021 Browne Shield
Event NO.2

VMA 6/8km Cross Country Race



6k for 70 plus age groups



Where: Collingwood Athletics Track
George Knott Reserve, Heidelberg Road, Clifton Hill

When: Sunday 20th June check in by 8.30am
9.00am start

Enter: VMA website - \$10



Entries Close: Wednesday 16th June

Wear VMA singlet or VMA venue singlet

Medals for 1st, 2nd and 3rd in each age group



Shield Points: age graded percentage points awarded to
best three athletes of each venue

Any queries contact - Peter Thorne 0427 880 143

Jim Hopkins 0427 158 001



2021 AMA Winter Throws Championships



Sat 2 – Mon 4 October

Kerryn McCann Athletics Track

Beaton Park Leisure Complex, Foley Street, Gwynneville

Entries will be open online from Jul 1 to Sep 16

(No late entries accepted)

*Join our facebook group for details and up to date news:
"AMA Winter Throws Championships 2019-2021"*

SATURDAY:

Throws Pentathlon
56lb and 100lb throws
Group Dinner

SUNDAY:

Individual Events: *Hammer, Shot Put, Discus, Javelin, Weight Throw*
Weight for Distance

MONDAY:

Heavy Weight Pentathlon

We invite you all to come and attend our annual AMA Festival of Throwing in Wollongong this year.

If you are still not able to travel to join us in person in October, never fear – we will again hold a virtual competition for those unable to travel.

Based on its terrific success last year, NSWMA will again hold a **VIRTUAL THROWS** Competition, in tandem with the official event held in Wollongong. We hope to again capture that great spirit of competition and camaraderie across the nation that we experienced last year.

NOTE: Bookings for both of these events will open on July 1st.



2020 Athletes of the Meet:
Jill Taylor and Ray Green



Event Co-ordinator:
Jill Taylor
Email: amawinterthrows@gmail.com
Phone: 0409607384
Organising Committee:
Adriana van Bockel,
Rob Clark, Gabi Watts



Throwers and Volunteers Wanted.

Interested in the opportunity to compete and train indoors?

If you were to compete indoors this would introduce a 'VMA Indoors Records' category.

A small group of your fellow athletes has been working hard to make this a reality

VMA has an AMA Trust grant of \$4125 towards an EDM and funding for other equipment is available.

Possible venues have been identified - Cranbourne South, Wonga Park, Beaconsfield

We need someone to project manage and arrange an initial trial event.

This will not be an onerous task – possibly a few hours initially to set things up.

Train – Plane – Automobile??

One way to gauge if this project should go further than the planning stage is to compete in an indoors event

NSWMA is hosting such an event in Sydney 19/20 June 2021 details outlined below

so FLY/Car Pool etc!!

NSWMA EDM Training Course and Indoor Throws Events information

- [BOOK for FREE EDM Training Course #1](#) - 2hrs 11am to 1pm
- Saturday 19/06/2021

Rotary Athletics Field Chatswood West NSW - Mowbray Road West Lane
Cove North NSW 2066

- [REGISTER - NSWMA Indoor Throws - Meet #2](#) - Sunday 20/06/2021
9AM to 2.30PM

Il Cadore Equestrian Centre Konda Road, Somersby, NSW 2250

Cheap Flights - Melbourne to Sydney – from Tullamarine

- Rex cheap Flights - [Virgin cheap flights](#) - On offer \$39 one Way
- [Jetstar cheap Flights](#) - Melbourne to Sydney - On offer \$30 one way

If you prefer to fly the scheduling of the weekend of NSWMA events allows for
just an overnight stay

Accommodation

[Accommodation Lane Cove area](#) - Lane Cove area is 1 hour by car to Somersby

For further details contact - [Judy Farrell](#)

They told me that I didn't have the body of a runner and I ran the marathon under 3 hours

I am Norma Morales and I am a runner, I run the marathon under 3 hours.

I read a post with which I felt identified and I kept remembering that since I was little I was "plump", I was self-conscious about my physique, I grew up being a woman somewhat insecure about my body.

I remember trying to hide my tummy since high school. During my college years, I discovered how passionate I was to run, and despite not having a "runner's body", I practiced athletics with such dedication, effort and passion that the issue of physical appearance took a back seat. My complexes and fears for my body became less. I became a confident woman; I did not mind finishing a top training because of the suffocating heat of the summer.



I lost several pounds but my body was not "perfect" yet (nor did I expect it to be). When I started running marathons I heard various comments about my physique versus the marathon results. The results surprised me, I achieved a sub 3 twice without having a marked abdomen or a "runner's body".

I think that when we enjoy what we do and don't get obsessed with just losing weight, the results come by themselves.

I am not going to lie and say that I do not have a nutritionist behind all this, but not with the aesthetic desire, but for health and sports performance. It has taught me and helped me understand that you can't always live on a diet, that we won't always be in our best physical shape.

Sport is about enjoying and learning to have balance in everything we do. Let's run because we are passionate about it, because it makes us feel better about ourselves and not because we impress others or demonstrate something to them. This is a hobby; we do not live by running nor are we Olympic athletes. Let's do it because it really makes us feel good. And believe me that the day we stop getting frustrated (because at some point I was), that personal brand that we longed for so much, those "extra pounds," that qualification for Boston will come by itself.

Of course, you always have to be constant, have discipline and passion, a lot of passion for what we do.

Translated from Spanish to Oztralian English by Juan Perez

What's On

2021

July TBA World Masters Athletics Track & Field Championships – *Tampere, Finland*

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



Cartoon donated by Juan Perez

The Complete Athlete's Ultimate Musical Playlist

Start Line

"I like to move it, move it"

1. Runners

- Here Comes the Run – Beatles
- Rainy Days and Sundays – The Carpenters
- The Runny Side of the Street – Irving Berlin
- Happiness is a Warm Run – Beatles
- Don't Take Your Runs to Town – Johnny Cash
- Girls Just Want to have Run – Cyndi Lauper

2. Walkers

- These Boots are Made for Walking – Nancy Sinatra
- Walk on By – Dusty Springfield
- For walkers who are prone to lifting:
Walking on Sunshine – Katrina and the Waves ('and don't it feel good' – sorry red card!)

3. Hammer Throw

- Maxwell's Silver Hammer – Beatles

4. Discus

- 50 Ways to Leave Your Lover – Paul Simon (In particular, "Hop on the bus Gus, don't need to discuss much")

5. Shot Put

- I Shot Put the Sherriff – Eric Clapton
- Hit Me With Your Best Shot Put – Pat Benatar

6. Javelin

- Anything by Brittany Spears (Perhaps try, 'Hit Me Baby One More Time')

7. High Jump

- Jump – Van Halen
- House of the Rising Sun – The Animals

8. Long and Triple Jump

- Jump (For My Love) – Pointer Sisters
- Hop, Skip and Jump – The Collins Kids (see YouTube and be put off this event forever)

9. Steeplechase

- Islands in the Run – Harry Belafonte
- Bridge Over Troubled Water – Simon and Garfunkel

10. Hurdles

Tough category, try:

- William Tell Overture (last 3.5 minutes to be precise) – Gioachino Rossini

11. Pole Vault

- Up, Up and Away – The 5th Dimension (what an appropriate band name for pole vaulting!)

11. Relays

- Band On The Run – Paul McCartney

12. Marathon

- Run Run Runaway – Jesse Taylor
- Runaway – Jefferson Starship

13. Ultra-marathon

- The Run Cycle – Richard Wagner (and it ain't over til' the fat lady sings!)

14. Handicap Events

- I'll Follow the Run – Beatles
- Rundown - Gordon Lightfoot

15. Novelty Events

- Funny Race – George and Ira Gershwin

16. Cancelled Events

- Don't Let the Run Go Down On Me – Elton John
- Ain't No Sunshine – Bill Withers

17. Injury and Poor Performance

- The Run Ain't Gonna Shine Anymore – Walker Brothers (note the appropriate name for the vocalists)
- Don't Let the Run Catch You Crying – Gerry and the Pacemakers
- I don't Like Runday - Boomtown Rats
- Blame it on the Run – Stevie Wonder

18. Athletics for Lovers

- My Sunny Valentine
- You are My Sunshine
- She's Runny That Way
- For failed or struggling lovers also try, Ain't No Sunshine

19. Winners are Grinners

- A Place In the Run – Stevie Wonder

20. For Those With Diverse Musical Tastes

- Classical: Rondo Alla Turk – Mozart
- Jazz: Blue Rondo Alla Turk – Dave Brubek
- Swing: One O'Clock Jump – Count Basie
- Musical: Annie Get Your Run – George and Ira Gershwin
- Musical: Let the Sunshine In – from Hair

21. Disputed Results

- It Should Have Been Me – Yvonne Fair (Or it's not fair in this case!)

Finish Line

To quote Cary Grant in the film

Arsenic and Old Lace

“Insanity doesn't run in my family, it gallops”

Chris Brown (With a Little Help From My Friends)

VMA 3 Km 2nd May 2021

CAT	No:	Act Time	F Name	Last Name	AGE	Venue
W35	1st	11:47	Nicola	Hamilton-Morris	38	Eastern Masters
W35	2nd	11:47	Kym	Osmand	38	Eastern Masters
W40	1st	13:35	Sarah	Lorentzen	42	Glen Eira
W50	1st	14:19	Michelle	Quan	51	Knox
W55	1st	12:42	Susanne	Wilson	55	Knox
W55	2nd	13:01	Laura	Campbell	59	Doncaster
W55	3rd	14:44	Rozlyn	Walker	58	Mentone
W55		14:52	Erika	Bedyn	58	Croydon
W65		15:39	Jo	Cockwill	68	Glen Eira
W65			Maggie	Hawkes	65	Knox
W70	1st	16:34	Heather	Carr	71	Frankston
W85	1st	32:15	Pam	Mews	86	Mentone
M40	1st	11:17	Dave	Palmer	44	Geelong
M45	1st	10:25	Michael	Thomas	49	Mentone
M50	1st	10:19	Andrew	Evans	52	Collingwood
M50	2nd	11:44	Richard	Belford	52	Frankston
M50	3rd	11:44	Stephen	Day	50	East Burwood
M50		12:31	John	Curry	52	Doncaster
M50		16:18	Brendan	Peel	53	Collingwood
M55	1 st	11:27	Rob	Italia	55	Casey
M55	2 nd	12:14	Matthew	Morris	55	Knox
M60	1 st	10:49	Peter	Rushen	60	
M60	2 nd	12:18	Douglas	Sandiford	63	Doncaster

CAT	No:	Act Time	F Name	Last Name	AGE	Venue
M60	3 rd	13:48	Simon	Evans	61	Doncaster
M60		14:29	Christopher	Worsnop	63	East Burwood
M60		16:00	Trevor	Obrien	63	East Burwood
M60		16:31	Greg	Hughes	62	Glen Eira
M65	1 st	11:28	YASSINE	BELAABED	69	
M65	2 nd	11:31	Leslie	Williams	69	Springvale/Noble Park
M65	3 rd	11:60	FRANK	MCNAMARA	65	Mentone
M65		12:16	Michael	Phillips	66	Aberfeldie
M65		12:34	Simon	Lloyd	67	Glen Eira
M65		13:53	Mike	Clapper	69	Glen Eira
M65		14:26	Greg	Moore	69	Aberfeldie
M70	1 st	13:07	John	Graham	70	Knox
M70	2 nd	15:56	Peter	Thorne	72	Knox
M75	1 st	14:52	Ashley	Birrell	76	Mentone
M75	2 nd	14:53	Tony	Guttmann	76	
M75	3 rd	17:58	Phillip	Urquhart	76	Glen Eira
M80	1 st	16:17	Ashley	Page	80	Mentone
M80	2 nd	26:09	Robert	Davey	81	Coburg
M85	1 st	25:06	Colin	Silcock Delaney	88	Geelong

NEW RECORDS REPORT

WORLD RECORDS

CAT	EVENT	ATHLETE	STATE	DISTANCE	%AGE	DATE	VENUE
W70	400m	Barbara Blurton	WA	72.76s	99.0%	8-10-20	Perth
W80	4x800m Relay	Anne Young Consie Larmour Jo Klemke Cory Collins	ACT ACT ACT ACT	26:03.52		22-10-20	ACT
W70	400m	Barbara Blurton	WA	72.51s	99.3%	12-11-20	Perth
W70	400m	Barbara Blurton	WA	71.78s	100.3%	10-12-20	Perth
W55	400m	Julie Brims	Qld	59.36s	102.7%	23-1-21	QSAC Nathan
W55	100m	Julie Brims	Qld	12.34s	104.6%	30-1-21	SAF Nathan
W55	200m	Julie Brims	Qld	25.18s	106.8%	30-1-21	SAF Nathan
W45	4x800m Relay	Simone Quin Julia Smith Susan Michelsson Kate Seibold	Vic Vic Vic Vic	10:30.32		30-1-21	Box Hill
W70	Heptathlon	Carol Davis	Qld	6375pts		6/7-2-21	SAF Nathan
W55	100m	Julie Brims	Qld	12.24s	105.5%	13-2-21	AIS ACT
W55	200m	Julie Brims	Qld	25.07s	107.2%	7-3-21	SAF Nathan
W70	200m Hurdles	Carol Davis	Qld	36.53s		7-3-21	SAF Nathan

Australian Indoor Records

CAT	EVENT	ATHLETE	STATE	DISTANCE	%AGE	DATE	VENUE
W40	Super Weight	Kelly Hunter	NSW	6.52m		1-11-20	Somersby
W45	Super Weight	Maria Cimino	NSW	7.24m		1-11-20	Somersby
W65	Super Weight	Jill Taylor	NSW	9.94m		1-11-20	Somersby
M80	Super Weight	Noel Donahoe	NSW	7.51m		1-11-20	Somersby
W55	Weight Throw	Caroline Layt	NSW	12.24m	70.6%	1-11-20	Somersby
M65	Weight Throw	Jill Taylor	NSW	14.04m	85.1%	1-11-20	Somersby
M80	Weight Throw	Noel Donahoe	NSW	9.63m	58.6%	1-11-20	Somersby
W55	Shot Put	Caroline Layt	NSW	10.79m	72.4%	1-11-20	Somersby
W65	Shot Put	Jill Taylor	NSW	8.45m	70.0%	1-11-20	Somersby
W55	Shot Put	Gabi Watts	NSW	11.31m	75.9%	2-05-21	Somersby
W55	Weight Throw	Gabi Watts	NSW	14.08m	81.1%	2-05-21	Somersby
W55	Super Weight	Gabi Watts	NSW	9.87m		2-05-21	Somersby
W40	Shot Put	Kelly Hunter	NSW	10.58m	54.8%	2-05-21	Somersby
W40	Super Weight	Kelly Hunter	NSW	6.67m		2-05-21	Somersby

AUSTRALIAN RECORDS

CAT	EVENT	ATHLETE	STATE	DISTANCE	%AGE	DATE	VENUE
M30	Marathon	Aidan Hobbs	Qld	2:23:00	87.4%	7-7-19	Gold Coast
M30	Half Marathon	Aidan Hobbs	Qld	1:06:26	89.3%	13-10-19	Melbourne
M90	1500m Walk	Donald McPherson	Vic	13:46.62	72.5%	7-10-19	Adelaide
M35	60m	John Howe	Tas	7.10s	91.0%	11-3-20	Launceston
W60	100lb Weight	Jill Taylor	NSW	1.66m		20-3-20	Wollongong
M30	Weight Throw	Warren Button	WA	17.76m	68.7%	30-7-20	Cannington
M45	Half Marathon	Wayne Spies	Qld	70:17(=)	91.4%	5-8-20	Perth
M65	Super Weight	Geoffrey Gee	WA	7.55m		13-8-20	Cannington
W80	20k Walk	Val Chesterton	ACT	3:01:18.94	85.9%	15-8-20	ACT
W55	Heavy W Pent	Jayne Hardy	ACT	4321pts		15-8-20	Turner ACT
M45	Heavy W Pent	Richard Meiring	ACT	4877pts		15-8-20	Turner ACT
W70	400m	Barbara Blurton	WA	75.37s	95.5%	20-8-20	Perth
W50	60m	Julie Brims	Qld	7.96s	104.7%	19-9-20	SAF Nathan
W50	100m	Julie Brims	Qld	12.10s	105.6%	19-9-20	SAF Nathan
M80	100lb Weight	Ian Kennedy	Qld	2.01m		3-10-20	Runaway Bay
W80	56lb Weight	Nola De Chazel	ACT	1.11m		3-10-20	Turner ACT
W50	200m	Julie Brims	Qld	25.49s(=)	104.3%	4-10-20	Mackay
W55	100lb Throw	Vicki Townsend	NSW	1.89m		5-10-20	Wollongong
W65	100lb Throw	Jill Taylor	NSW	1.63m		5-10-20	Wollongong
W35	Super Weight	Odette Palma	NSW	8.87m		7-10-20	Wollongong
W85	60m	Consie Larmour	ACT	14.13s	83.5%	10-10-20	ACT
W85	200m	Consie Larmour	ACT	54.46s	77.1%	10-10-20	ACT
W60	60m	Sue Turner	SA	8.85s	99.8%	14-10-20	Adelaide
W60	200m	Sue Turner	SA	29.46s	96.1%	14-10-20	Adelaide

CAT	EVENT	ATHLETE	STATE	DISTANCE	%AGE	DATE	VENUE
M35	3000m	Gerard Hill	WA	8:30.66	88.0%	17-10-20	Perth
W35	Hammer	Odette Palma	NSW	56.55m	90.4%	17-10-20	Blacktown
W70	4x800m Relay	Jill Brown Carol Baird Caroline Campbell Susan Archer	ACT ACT ACT ACT	16:01.63		22-10-20	Woden
W70	200m	Barbara Blurton	WA	32.78s	95.0%	23-10-20	Perth
W85	100m	Consie Larmour	ACT	23.27s	83.8%	24-10-20	ACT
M30	3000m	Aiden Hobbs	Qld	8:19.82	88.3%	18-11-20	Sippy Downs
W45	3000m	Belinda Martin	NSW	9:22.41	98.3%	21-11-20	Sydney
M45	3000m	Scott Westcott	NSW	8:34.62	94.0%	21-11-20	Sydney
W85	60m	Consie Larmour	ACT	13.97s	84.5%	26-11-20	Woden
W50	56lb Throw	Althea Mackie	Qld	4.48m		28-11-20	Turner ACT
W70	800m	Barbara Blurton	WA	3:03.93	96.9%	3-12-20	Perth
W50	200m	Julie Brims	Qld	24.87s	106.9%	5-12-20	QSAC Nathan
M30	5000m	Aidan Hobbs	Qld	14:34.70	86.8%	5-12-20	QSAC Nathan
W70	20Km Walk	Heather Carr	Vic	2:22:49	90.6%	6-12-20	Middle Park
W65	Hammer	Dorn Jenkins	Vic	39.94m	88.9%	6-12-20	Murrumbeena
W65	Weight Throw	Dorn Jenkins	Vic	16.04m	97.2%	6-12-20	Murrumbeena
W65	Throws Pent	Dorn Jenkins	Vic	4580pts		6-12-20	Murrumbeena
W60	100m	Sue Turner	SA	14.37s	94.3%	9-12-20	Adelaide
W80	2K Walk	Val Chesterton	ACT	16:19.52		10-12-20	Woden
M60	60m	Craig Parker	Qld	7.83s	98.8%	19-12-20	SAF Nathan
M30	Heavy Wt Pent	Warren Button	WA	3835pts		9-1-21	Bunbury
M70	Heavy Wt Pent	Ossi Igel	WA	4682pts		9-1-21	Bunbury
M70	Super Weight	Ossi Igel	WA	8.87m		9-1-21	Bunbury
M45	60m	Ernie Leseberg	NSW	7.27s	98.6%	9-1-21	Illawong
M45	100lb	Simon Van Baalen	Vic	4.60m		10-1-21	Murrumbeena
M55	200m	Michael Roden	ACT	23.99s	96.7%	10-1-21	Woden
M55	400m	Michael Roden	ACT	54.01	94.8	14-1-21	Woden
W45	4x1500 Relay	Simone Qui Julia Smith Susan Michelsson Kate Seibold	Vic Vic Vic Vic	21:52.3		20-1-21	Mentone
W60	80m Hurdles	Sally Stagles	NSW	13.25s	97.0%	24-1-21	Campbelltown
M40	110m Hurdles	Ryan Dowling	NSW	15.26s	89.2%	24-1-21	Campbelltown

CAT	EVENT	ATHLETE	STATE	DISTANCE	%AGE	DATE	VENUE
W35	10,000m	Olga Firsova	Qld	34:07.27	89.6%	26-1-21	Box Hill
W55	60m	Julie Brims	Qld	8.00s	105.2%	27-1-21	QSAC Nathan
W70	200m	Barbara Blurton	WA	32.34s	96.3%	28-1-21	Cannington
W70	80m Hurdles	Carol Davis	Qld	16.98s	97.2%	6-2-21	SAF Nathan
M30	3000m	Aidan Hobbs	Qld	8:13.56	89.4%	13-2-21	Gold Coast
W70	100m	Barbara Blurton	WA	15.60s	95.0%	16-2-21	Perth
W70	200m	Barbara Blurton	WA	32.17s	96.8%	16-2-21	Perth
W65	Heavy Wt Pent	Dorn Jenkins	Vic	5609pts		21-2-21	Murrumbeena
M55	400m	Michael Roden	ACT	53.80s	95.2%	25-2-21	Woden
W60	100m	Sue Turner	SA	14.28s	94.9%	6-3-21	Adelaide
W70	Long Jump	Carol Davis	Qld	4.01m	92.9%	6-3-21	SAF Nathan
W55	60m	Julie Brims	Qld	7.95s	105.9%	7-3-21	SAF Nathan
M60	60m	Craig Parker	Qld	7.80s	99.8%	7-3-21	SAF Nathan
M30	3K Steeple	Aidan Hobbs	Qld	9:01.54	90.2%	11-3-21	QSAC Nathan
W80	800m	Ruth Johnson	WA	4:14.05	90.3%	14-3-21	Perth
W80	High Jump	Ruth Johnson	WA	0.92m	89.9%	14-3-21	Perth
W50	Pentathlon	Mark Jeffery	WA	3577pts		14-3-21	Perth
M50	Pole Vault	Howard Arbuthnot	Qld	4.30m	92.6%	14-3-21	QSAC Nathan
W65	Hammer	Dorn Jenkins	Vic	42.42m	94.4%	21-3-21	Murrumbeena
W65	Throws Pent	Dorn Jenkins	Vic	4711pts		21-3-21	Murrumbeena
W50	3000m	Julie Norney	Vic	10:29.84	93.4%	1-4-21	Box Hill
M45	110m Hurdles	Brad Krawczyk	Vic	15.59s	90.3%	8-4-21	Box Hill
W75	1500m	Lavinia Petrie	Vic	6:48.39	103.1%	24-4-21	Doncaster
W85	100m	Shirley Coppock	Vic	22.16s	88.0%	24-4-21	Doncaster
M45	110m Hurdles	Brad Krawczyk	Vic	15.56s	90.5%	24-4-21	Doncaster
M85	80m Hurdles	Brian Greaves	Vic	23.81s	76.0%	24-4-21	Doncaster
W85	400m	Shirley Coppock	Vic	2:20.26	73.4%	24-4-21	Doncaster
W85	200m	Shirley Coppock	Vic	50.16s	83.7%	25-4-21	Doncaster
W65	Weight Throw	Dorn Jenkins	Vic	16.55s	100.3%	25-4-21	Doncaster
M45	400m	Cameron Yorke	Vic	57.94s	92.6%	25-4-21	Doncaster

CAT	EVENT	ATHLETE	STATE	DISTANCE	%AGE	DATE	VENUE
M45	4x200m Relay	Adrian See Andrew Phillips Brett Reid Choo Huat Tan	NSW NSW NSW NSW	1m 43.03s		13-02-21	Campbelltown
W35	4x200m Relay	Joanna Davis Maria Cimino Renee Briffa Erin Smart	NSW NSW NSW NSW	1m 57.23s		13-02-21	Campbelltown
M35	Javelin	Benjamin Baker	NSW	64.54m	71.60%	06-03-21	SOPAC
W55	100lb Weight	Caroline Layt	NSW	2.02m		14-03-21	Wollongong
W55	Super Weight	Gabi Watts	NSW	9.05m		14-03-21	Wollongong



Lavinia Petrie after breaking the W75 1,500 metres in a time of 6 minutes 48.39 seconds at Doncaster on the 24th April 2021

Victorian Records

CAT	EVENT	ATHLETE	DISTANCE	%AGE	DATE	VENUE
W75	Throws Pent	Rhondda Dundas	3432pts		22-3-20	Murrumbeena
W70	15k Walk	Heather Carr	1:46:15	87.3%	15-11-20	Middle Park
W70	15k Walk	Heather Carr	1:45:20	89.6%	6-12-20	Middle Park
W55	100m	Linda Caligiuri	14.04s	94.6%	6-12-20	Aberfeldie
M60	800m	Mark Hipworth	2:15.35	93.3%	14-1-21	Box Hill
M65	Super Weight	Marty Galea	5.92m		17-1-21	Murrumbeena
M45	110m Hurdles	Brad Krawczyk	16.17s	87.1%	23-1-21	Knox
W70	2k Steeple	Kathryn Heagney	11:16.92	85.7%	23-1-21	Ballarat
W45	Mile	Kate Seibold	5:34.51	84.0%	9-2-21	Box Hill
M60	Mile	Mark Hipworth	5:14.15	88.1%	9-2-21	Box Hill
W40	Heavy Wt Pent	Megan Champion	2852pts		21-2-21	Murrumbeena
M45	Heavy Wt Pent	Simon Van Baalen	3896pts		21-2-21	Murrumbeena
M50	Heavy Wt Pent	Russell Devine	3906pts		21-2-21	Murrumbeena
M55	High Jump	Richard Brophy	1.60m(=)	85.5%	20-3-21	Doncaster
M75	Pole Vault	George Schillinger	2.80m	90.3%	20-3-21	Nunawading
W65	Javelin	Dorn Jenkins	19.78m	53.0%	21-3-21	Murrumbeena
M60	3000m	Peter Rushen	10:20.04	88.2%	1-4-21	Box Hill
W40	3000m	Anna Kasapis	9:59.94	90.0%	1-4-21	Box Hill
W65	Pentathlon	Donna Clarke	2418pts		11-4-21	Doncaster
M85	High Jump	Brian Greaves	1.10m	90.2%	24-4-21	Doncaster
M55	High Jump	Richard Brophy	1.61m	86.1%	24-4-21	Doncaster
*W40	Long Jump	Melissa Foster	4.82m	71.5%	24-4-21	Doncaster
M45	100m	Mark Harper	11.43	92.9%	24-4-21	Doncaster
W85	60m	Shirley Coppock	14.40s	82.0%	24-4-21	Doncaster
M45	60m	Mark Harper	7.31s	95.3%	24-4-21	Doncaster
M75	Pole Vault	George Schillenger	2.81m	90.6%	25-4-21	Doncaster
M45	200m	Mark Harper	23.37s	92.5%	25-4-21	Doncaster
*W40	Triple Jump	Melissa Foster	11.67m	86.6%	25-4-21	Doncaster
M80	200m Hurdles	Mike Hall	45.58s		25-4-21	Doncaster

*non-members

Clyde Riddoch

VMA Records Officer

40 Beauchamp Street, Preston Vic 3072

Mobile 0439 902 907, Email ClydeR@outlook.com.au

VMA Throwers Group

Sunday Competition and Training Dates 2021

Duncan Mackinnon Park

12:45 warm-up – start 1pm (unless stated otherwise)

Date	Program	Notes
16 May	Throws Pentathlon	
30 May	Training – record attempts	Which throws must be advised
6 Jun	Throws Pentathlon	
20 Jun	Training and Superweights	
4 Jul	Throws Pentathlon	
18 Jul	Heavy Weight Pentathlon / Superweights	
1 Aug	Throws Pentathlon	
15 Aug	VMA Winter Throws Pentathlon Champs	12 Noon Start
29 Aug	Training plus heavy weights (56 & 100lb)	Record attempts for 56 & 100 lb
12 Sep	Throws Pentathlon	
26 Sep	Heavy Weight Pentathlon / 56lb / 100lb	
2-4 Oct	26th AMA Winter Throwing Champs	Wollongong
10 Oct	Throws Pentathlon	
24 Oct	Training - Discorama	
7 Nov	Throws Pentathlon	
21 Nov	Training	
5 Dec	Throws Pentathlon #incorporating three extra throws in discus	12 noon start # Ilmars Trophy followed by BBQ

On training days competitors can practice any throws and opt to throw heavier or lighter weights.

No official measurements or records can be claimed on those days.

For 2021, we will consider organising a couple of special record days on which we expect the participants to help set up before and after the event. The Throw event must be advised so numbers are appropriate.

All athletes are expected to help with the setting up and running of the events.

In case of inclement weather, the program may be cancelled.

Call Graeme or Astrid at home (9836 2350) before 11.30am (we will go to the ground anyway).

Note: Competition is cancelled if at 9 am the forecast is for 35°C or higher – this is our risk management “heat out” policy. This does not apply to Championships.

<p>Cost per Sunday \$3 for members of the throwers group and \$5 for non-members. Membership of Throwers Group - \$5 per year. Everyone must be a member of Victorian Masters Athletics.</p>
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Victorian Uniform

This must be worn for VMA summer and winter championships, at the AMA National Track & Field Championships and AMA Winter Throws. Purchase from Ewen Wilson (Ph 9529 5260; Mob 0423 424 185) at the events, online via the link at www.vicmastersaths.org.au or just email uniforms@vicmastersaths.org.au

After competition cuppa

At the conclusion of our competition or training/coaching session we gather for a cuppa. Biscuits are provided from funds but donations of cake are most welcome on special occasions. This is an appropriate time to bring forward new ideas and suggestions and to relax socially after the competition.

2016 Committee members:

Graeme Rose (President)	9836 2350
Ken Priestley (vice-President)	0417 134 601
Narelle Messerle (Treasurer)	0477 398 243
Judy Pfanner (Newsletter Editor)	0414 950 158
Roger Glass (Coach)	
Tom Hancock (Coach)	

VMA Representative: Graeme Rose

Feel free to contact any of the above committee members if you have any problems or issues you would like to discuss or if you have any suggestions to make.

Annual Christmas BBQ:

This will be immediately after the TP / Ilmars Mancs trophy on the 5th December. We also have a Christmas Hamper raffle for which donations are always welcome.



VMA Events Calendar

For full details watch for upcoming events on VMA website

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
VMA 20 km Road Walk	Albert Park	2021 TBA
Oceania Masters Championships	Norfolk Island	2022 - cancelled
WMA/WA Cross Country Championship	Bathurst NSW	19/20 February 2022
AMA Track and Field Championships	Brisbane	1 – 4 April 2022
WMA Championships	Tampere Finland	29 June to 10 July 2022

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

Watch AMA website for full details.



M60 200m – Ivan Dobin (26.50s) Robert Mayston (26.00s)

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

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	

The track at the Mentone Venue is in process of being completely replaced. Apart from normal wear and tear the final straight has been subject to damage by tree roots and lanes 5 to 8 became dangerously bumpy and unusable.

Kingston Council have undertaken the task of levelling and replacing the track and, if it goes to schedule, completion is expected in January 2022.

Following liaison with Council by Geoff Barrow we have been granted access to the track at Bricker Reserve, Rowans Road, Moorabbin so we have continued our program there at the usual times.

Our members have enthusiastically followed us to the new temporary venue so there has been minimal disruption.

Ashley Page – Venue Manager – Mentone



Ronald Arthur M80-84 200m 36.32s

Victorian Masters Athletics Inc. – Venue Managers

Venue	Manager	Email Address	Telephone
Aberfeldie	Tony Bradford	anthonybradford@bigpond.com	0447 139 202
Casey	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
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 & Peninsula	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	browencardy@hotmail.com.au midget32@hotmail.com.au	0422 213 050 0448 213 200

VMA Office Bearers 2021-2022**Executive**

President	Rob Mayston	0437 487 277	president@vicmastersaths.org.au
Vice President	Tony Bradford	0447 139 202	anthonybradford@bigpond.com
Secretary	Margaret Hunter	0417 323 460	secretary@vicmastersaths.org.au
Assistant Secretary	Ewen Wilson	0423 424 185	assistant-secretary@vicmastersaths.org.au
Treasurer	Simon Evans	0433 300 166	treasurer@vicmastersaths.org.au

Committee

David Sheehan	VMA Team Manager	0448 213 200	midget32@hotmail.com.au
Shane Draper	VMA Club Captain		shane.draper@vicmastersaths.org.au
Judy Pfanner		0414 950 158	pfanje@gmail.com
Christopher Worsnop		0403 910 183	christopher.worsnop@austin.org.au
Russell Oakley		0419 873 137	oakanru@bigpond.com

Administration Officers

Records/Statistician	Clyde Riddoch	0439 902 907	clydeR@outlook.com.au
Registrar	Judy Farrell	03 5941 9442	registrar@vicmastersaths.org.au
Webmaster	Judy Farrell	03 5941 9442	registrar@vicmastersaths.org.au
Footprints	Lindsay Oxenham	03 9701 2117 (AH)	lindsay.1@bigpond.com
Around The Grounds	Mike Clapper	0419 993 593	mikeandjo52@gmail.com
Uniforms	Ewen Wilson	0423 424 185	uniforms@vicmastersaths.org.au

You are cordially invited to join us for the

Jim Sinclair Memorial Club Night

Hosted by Springvale | Noble Park | Glen Eira Masters Athletic Clubs

A number of events will be held on the track followed by supper in the function room and a celebration of Jim's life.



Program:

7.00 pm Pacemakers 4 x 100 relay – combined age – min 240 years, at least 1 female per team

7.05 pm Jim Sinclair Tea & Coffee 2k Walk

7.30pm Jim Sinclair 40 years a Masters Athlete 2k run

7.50pm Remember Jim walk (everybody – 2 laps)

8.00pm Supper and Celebration of Jim's life

Where: Duncan McKinnon Athletic Track

When: Tuesday 10th August 2021

Time: 7:00pm – 9:00pm

RSVP: Please respond by Wednesday 30th June 2021

Via email to mikeandjo52@gmail.com

Or via mobile to Jim McLure 0434 216 919