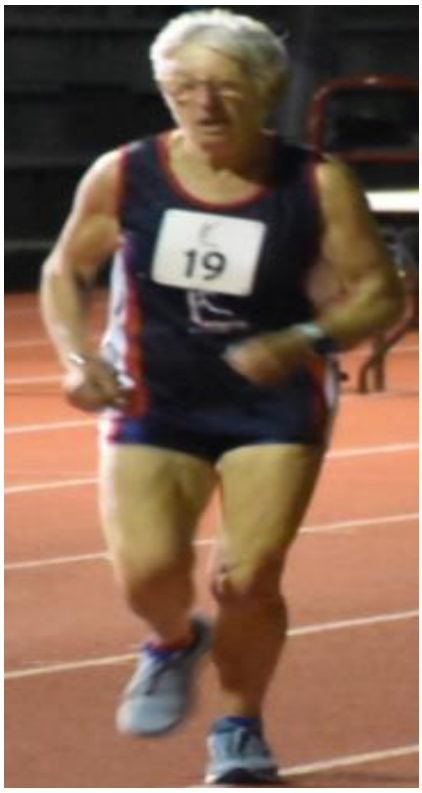
FOOTPRINTS

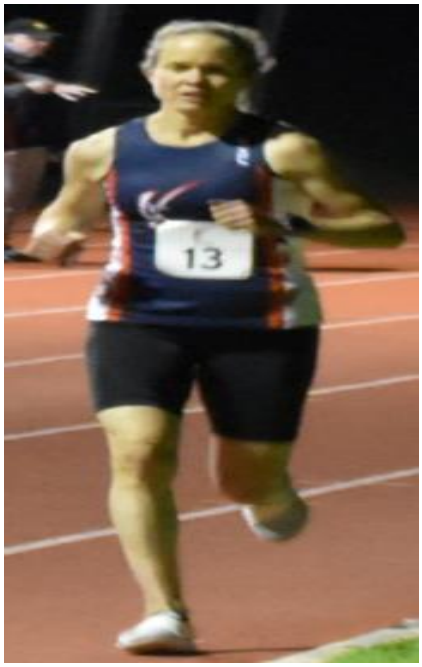
JULY/AUGUST 2021



VMA 10k - Collingwood

Lavinia Petrie (left) set Australian record - 50.17min

Peter Rushen (right) set Victorian Record - 37.02min



Lydia Rinaudo (left) - fastest female - 38.01min

Shane Grund first across the line - 30.46min

Page	Topic
1	Photos of VMA 10k - Collingwood
3	Wrap up of VMA 10K @ Collingwood
3	Browne Shield Points
4	Results of VMA 10K @ Collingwood
5-6	Dave Baxter
6	Caption by Juan Perez
7-8	Summer Competitions at Doncaster
8	Ivan Dobin's time
9	Running Mates
10	2021 VMA 10 km Road Championship - Eric Greaves
11	John Gosbell – 29 July 2021
12	VMA 10 Mile - Knox
13	Jim Sinclair Memorial Club Night
14-15	2021 Inter-Venue Challenge Masters Athletics Shield
15	What's on
16	2021 AMA Winter Throws Championships
17-18	VMA Throwers Group
19-22	The Great Barrier Reef Masters Games
23	Kieser – Great Ocean Road Running Festival
24	Little Big Man - Robert Marchand
25-28	Ralph Romain dies at 88
29-30	Christine Schuultz
31-32	News from East Burwood
33	Social Night organised by East Burwood
34	VMA 10,000 Metre Championship – George Knott – 11th May 2021
35	VMA Events Calendar
35	Venues
36	Mentone Venue
36	Australian & Victorian Records
37	Venue Managers
38	VMA Committee

VMA 10k Championship held at Collingwood on 11th May

An entry of 38 runners meant the numbers were down a little on past years, but it was a perfect night and we had 36 finishers with two retired injured.

Start of Second Heat

Two heats were run with competitors representing ten Masters venues, Jamie Ray winning the first

in 43.42min and Shane Grund first across the line in the second with a blistering time of 30.46min. – PB for Shane. Lydia Rinaudo was the fastest female in a time of 38.01min.

The highest age graded percentage of 105.8 was achieved by Lavinia Petrie who also managed to set a new Australian record of 50.17min shattering the previous time by around forty seconds.

Peter Rushen established a new Victorian Record with a time of 37.02min.

This was the first event for the Browne Shield with Knox gaining the most points, ahead of Eastern Masters and Frankston.

Peter Thorne

Venue Browne Shield points after one round - 2021

Venue	1st Runner	2nd	3rd	Total
KNOX	105.8	89.8	87.5	283.1
EASTERN MASTERS	79.8	79.4	76.7	235.9
FRANKSTON	84.9	70.1	69.9	224.9
COLLINGWOOD	78.7	70.7	68.7	218.1
DONCASTER	81.0	66.6		147.6
MENTONE	80.7			80.7
GEELONG	76.2			76.2
GLEN EIRA	70.5			70.5
SPRINGVALE/NP	67.6			67.6
CROYDON	60.9			60.9

VMA 10k Track Championship results – Collingwood 11th May 2021

Name	Age	Group	Venue	Time	%
Lydia Rinaudo	38	35-39	Doncaster	38:01	81.0
Kym Osmond	38		Eastern Masters	41:53	73.4
Christy Lambert	40	40-44	Eastern Masters	39:14	79.4
Ros Dyer	56	55-59	Croydon	61:18	60.9
Frances Halton	59		Frankston	70:16	55.3
Heather Carr	71	70-74	Frankston	55:52	84.9
Lavinia Petrie	77	75-79	Knox	50:17	105.8

Shane Grund	39	35-39	Knox	30.46	89.8
Ryan Hawson	42	40-44	Eastern Masters	36:50	76.7
Brad Buyck	43		Eastern Masters	39:28	72.4
Jamie Rae	42		Eastern Masters	43:42	64.6
Pramesh Prasad	47	45-49	Frankston	42:14	69.4
Michael Bird	51	50-54	Geelong	39:48	76.2
Robert Taylor	52		Frankston	43:45	69.9
Stephen Day	51		Eastern Masters	43:57	68.8
John Curry	52		Doncaster	46:00	66.6
Andrew Elliot	54		Collingwood	47:50	64.9
Chris Sheedy	53		Frankston	48:32	63.3
Glenn Walshe	53		Eastern Masters	49:39	62.1
Mike Bieleny	58	55-59	Knox	36.45	87.5
Ian Winnen	59		Collingwood	45:47	70.7
Peter Rushen	60	60-64	No Venue	37:01	88.7
Steven Quirk	61		No Venue	37:40	87.7
Peter Gaunt	61		Collingwood	42:08	78.7
Syd Bone	63		Glen Eira	47:50	70.5
Yassine Belaabed	69	65-69	No Venue	40:00	88.7
Frank McNamara	67		Mentone	43:16	80.7
Greg Wilson	68		Eastern Masters	44:18	79.8
Claudio Riga	65		Springvale/Noble park	50:47	67.6
David Sutherland	67		Frankston	51:38	67.3
Michael Carr	68		Knox	52:01	67.4
Barry Jeffs	72	70-74	Frankston	52:47	70.1
Rod Bayley	74		Collingwood	55:44	68.7
Peter Thorne	72		Knox	57:10	65.0

Dave Baxter

New member Dave Baxter joined Springvale Masters this year to improve his running. Previously, he had not run since his days in the army where he served with 1RAR from 1988-1994 (Somalia) and later a position with the Federal Police from 2002-2007.

Dave's had a few runs with Springvale venue and is looking forward to being part of the team in Round 2 of the Brown Shield. In May, he competed in the Individual 'Sprint' class Triathlon at Byron Bay where he placed 4th in his age group (50-54), just missing out on a podium position by under two seconds. His overall placing was 57th. This achievement is excellent for a first timer, however the story behind the result is even better.

Dave at finish line

Dave Baxter (cont.)

His journey started last year during the lockdown when Victoria was under restrictions from April until November 2020. Dave found himself becoming severely depressed. Normally he would find peace under the water (he is a Master Scuba and Trimix Instructor) however, with only four reasons to leave home and a 5km limit this was not possible. Desperate to lift himself out of despair he began walking then jogging. Over the last year he has trained most days and is now just a shadow of himself. His weight last year was 101kg which has now dropped to 81kg.

A goal setter and not one to shy away from a challenge; Dave has set himself some tough goals over the years. In 2011 he took up natural body building with INBA. At the time, he weighed in at 106kg. He changed his eating habits, found a great trainer, trained hard and shed over 30kg. From there he went on to win and place in several INBA Championships. In 2013 he was part of Team Australia at the 2013 World Championship in Greece where he placed 3rd in his division.

Now he is at it again! His current goal is to compete in the 70.30 Iron Man on the Sunshine Coast in September. He did enter several 70.3's this year which unfortunately were either cancelled due to Covid or he couldn't get to because of border closures.

His main goal is to complete the full Ironman in Busselton W.A. He is extremely passionate about this as he wants to honour the memory of the many Veterans who have been lost to suicide and in acknowledgment of a veteran's wife, who at only 31 years of age has recently been diagnosed with terminal cancer.

Sometimes appearing larger than life, he is actually shy so if you happen to see him out and about running, in the pool or on the bike give him a hoy!

Wishing Dave every success at achieving his goal of becoming a Tin Man.

Narrated by Chris McArdle

Summer Competitions at Doncaster

Doncaster venue hold a number of competitions over the summer months, with Runner's World vouchers as prizes. The main one is the Pentathlon, with double points for the Victorian Championships.

This year it spread over two summers, as some were cancelled due to the weather and Covid wiped out a few more. It was the most successful yet, with 13 competitors taking part. Doncaster rules mean you have to compete more than once to be part of the competition, and you have to complete three events.

Competitors can only win one prize each:

1. Tom Leong (M75) 23 points
2. Ian McCormack (M60) 21 points
3. Frank Prowse (M65) 20 points

So I was a very close competition. Individual event winners were:

Long jump: Graham Ford (M70)
Javelin Throw: David Featherston (M45)
200 metres: David McConnell (M65)
Discus Throw/Shot Put: Bev Learmont (W70)
1500 metres: Ian McCormack (M60)

Tom Leong after winning gold in the Victorian Championships, with Andrew Fraser and Neville Gardiner.

Summer Competitions at Doncaster (cont.)

The other competitions are the Doncaster 8 (800 metres, nominate own starting time) and Doncaster Gift (120 metres handicap). Those running more than 4 seconds faster than they nominated for the Doncaster 8 are disqualified, but still get one point.

Winner of Doncaster 8: Frank Prowse (M65)

Winner of Doncaster Gift: Andrew Close (M30)

Congratulations to all winners and participants. The pentathlon will continue over winter and there is a Doncaster 1000 (1000 metres nominate own starting time) and Doncaster 300 (handicap) as well, each run once a month.

All welcome.

Correction in last edition of Footprints – The Men's 60 200m Final – Ivan Dobin's time was 26.41s and Robert Mayston's time 26.45s. Very close finish with 400ths of a second separating them.

RUNNING MATES

Most, if not all of us, have running mates. Sure we sometimes have people that we run with. There are friends who drag us out of bed on our morning runs. They are the training groups that inspire us after work, and of course there are our families that wait for us at the end of fun runs urging us on and inspiring us. There is also a different kind of running mate.

I see them on my long Sunday runs as I lope along the bike tracks that follow the creeks and rivers around Melbourne. I don't know who they are and they don't know me, but they are there every week, and they are my "running mates". They are the other solo runners clocking up the k's. They give a nod, a brief wave, a fleeting smile, "Hi", "G'day", "Nice day", "Bit cold".

They are the groups, speeding along, chatting, light on their feet. These ones are obviously club runners, getting their long Sunday run in. They are much quicker than me, but still have time to give a wave and a "Good onya mate".

There are the elderly groups out walking catching the first rays of sun. Time and distance are of no concern for them; they simply relish the fresh morning air, the dew on the grass, the magpies warbling their unique song. Nothing is spoken, just a smile or a brief look of acknowledgment as we pass.

People walking their dogs are also out on the tracks. These days the bike tracks are busy enough that the dogs are well behaved and don't see runners as representative of some primeval prey.

A little later in the morning and there are the young parents with the little kids zig-zagging across the track on their brightly coloured bikes and scooters. Easy for us runners to avoid a collision, but a bit more tricky for the cyclists as they go zooming past.

There will be a "Ding Ding" or a "Passing" from these 'mates', but I have usually heard the clicking of the gears or whirring of the wheels before then, and so I keep to the far left. I'll sometimes get a "Thanks mate", but usually the lycra clad ones are deep in silent concentration as they push their machines along.

Some other users of the track don't acknowledge me at all, and I am glad of that. I see them during summer. These are tiger snakes sunning themselves in the open, or silently slithering across the track. I always keep a look out for them in the warmer months, and we have a mutual agreement – I don't bite them and they don't bite me.

These are all my running mates. They are special friends, but anonymous friends. We all remind each other they we are not alone; that running and walking is not lonely. We all know what each of us is going through as we do our regular exercise, and we respect each other for it. There is a silent bond that that we all recognize. It helps to keep us going.

Christopher Worsnop

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 29th July 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 Discus 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)

2021 Browne Shield
Event NO.4

VMA 10mile Championship Race

Where: Knox Athletics Track
Bunjil Way, Knoxfield

When: Sunday 8th August check in by 8.30am
9.00am start

Enter: VMA website - $10

Entries Close: Thursday 5th August

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

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, at least 1 female per team

7.20 pm Jim Sinclair Tea & Coffee 2k Walk – Lanes 1 & 2

7.20pm Jim Sinclair 40 years a Masters Athlete 3k run – Lanes 3 & 4

8.00pm Remember Jim (everybody on track) walk – 1 lap

8.15pm 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 Monday 2nd August 2021

Via email to mikeandjo52@gmail.com
Or via mobile to Jim McLure 0434 216 919

THE CHALLENGE TO ALL MASTERS VENUES – CAN YOU MATCH DONCASTER?

Doncaster Masters Athletics Club sends out this Challenge to all Masters Athletes and Venues to compete for the 2021 Inter-Venue Challenge Masters Athletics Shield on Sunday August 22nd 2021 at the Tom Kelly Athletics Track.

Covid has interrupted and cancelled so many competitive athletics events since early 2020 that this challenge gives all athletes and their venues the opportunity to once again spice up their competitive fitness in readiness to regain their peak form towards the Spring/Summer track season.

The Doncaster Masters Athletics Club implemented this competitive Inter-venue competition in 2018 and again in 2019 and completed a winning double in both years, retaining the Shield. That is why Doncaster is challenging all Masters venues and their athletes to see if any are capable of taking away the Shield that hangs proudly in their Doncaster Club rooms.

The winning team from Doncaster 2018.

The Challenge events are 60m, 600m, 800m walk, 150m, 1 mile, 1600m walk, 300m, 3,000m, Medley relay (800, 400, 200) – Events scheduled to commence each ½ hour, the first event at Noon, the last event (relay) at 4 pm.

As a masters athletics meeting, age groups will compete in 5 year increments. *Only one athlete from each venue can compete in an event in one age group.*

Enjoy friendly competition and score points for your club. Non VMA members can compete for a club by invitation.

Entries are open, and close 16th August. Enter via the trybooking site https://www.trybooking.com/BRZET. ***STRICTLY NO ENTRIES ON THE DAY.***

Entries $5 for 1 event, or $10 for maximum 3 events per athlete, the relay is free. Should Covid interfere with the meeting, causing its cancellation, then all entry fees will be refunded.

Winter Inter-Venue Track Challenge – 22nd August 2021 (cont.)

Video and electronic timing technology will be used – super accurate times for you!

The Winning club will retain the Inter-Venue Challenge Shield until the next Inter-Venue Challenge takes place.

The question is – which Club will win the Shield and celebrate?

The video from 2019 can be viewed at https://youtu.be/Zf-UZPTTYsI

What's On

Date	Event	Location
2021		
25 July	2021 VMA 10 KM ROAD CHAMPIONSHIP (ERIC GREAVES MEMORIAL)	Braeside Park
29 July	The John Gosbell Memorial 5km Teams' Run	East Burwood
8 August	VMA 10mile Championship Race	Knox Athletics Track
10 August	Jim Sinclair Memorial Club Night	Duncan McKinnon Athletic Track
22 August	2021 Inter-Venue Challenge Masters Athletics Shield	Tom Kelly Athletics Track
2-4 October	2021 AMA Winter Throws Championships	Wollongong
9-6 October	Australian Masters Games – www.australianmastersgames.com	Perth
2022		
10-14 January	2021 Oceania Masters T&F Champs- www.oceaniamastersathletics.org - CANCELLED	Norfolk Island

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

2020 Athletes of the Meet:
Jill Taylor and Ray Green

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.

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

VMA Throwers Group

Sunday Competition and Training Dates 2021

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

Date	Program	Notes
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 # IImars 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 35oC or higher – this is our risk management "heat out" policy. This does not apply to Championships.

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.

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.

The Great Barrier Reef Masters Games

In May a few of us decided to escape Melbourne's cold autumn and head to Far North Queensland for the Great Barrier Reef Masters Games (GBRMG). The locals were whingeing about the cold weather as the temperature had dropped under 25°C, but of course the Victorians were not complaining. It did however rain every day, but even the rain was warm.

The Games have been held every two years in Cairns since 2013. It was originally set up by Queensland Events, which manages the Pan Pacific Masters Games on the Gold Coast, and the Gold Coast Marathon. GBRMG is now run by the Cairns Regional Council. They are small, but they are very well run and lots of fun. There were 2502 registrants this year across all sports.

Louise McLean Heather Carr Toni Matters

They started on late Wednesday afternoon with a 4 km fun run to raise money for Kick On, a local mental health charity. It was open to the public so there were lots of school kids and families mixing with us oldies. It was a flat fast course along the foreshore, although as the ambulance helicopter landed on the course just before the race, the organizers set up a quick detour.

They had an athletes' march for all the sports. Of course the netballers and softballers were the noisiest and most crazily dressed. The Queensland Premier opened the Games. Unfortunately the social hub was in a park outdoors, so the social events did not get much attention as it rained most of the time.

Friday welcomed the first event for athletes, which was the trail running in bush at the back of James Cook University about half an hour's drive from Cairns. Runners could choose 5 km, 9 km or 12 km. It started at 4:30 pm so the 12 km runners had to wear head lamps as it became dark quite quickly. We were advised to carry a snake bandage, "no, two, because the snakes are pretty bad". We did not see any snakes, probably because it rained the whole time.

It was a narrow, rough, muddy course winding its way through the bush. The 9 km and 12 km runners had a massive hill to tackle – over 2 km with a 400 m vertical ascent. This was an out and back section, so once we got to the top we had to turn around and run back down the steep slopes.

It got dark quite quickly, and we could hear some of the runners still finishing, calling from the thick bush, "Which way!" "Where do we go!" "Where are we!" So one of the organizers went to look for them, and she got lost! All were found in the end – luckily it was not cold.

The track and field events were on the following day. The track and its facilities at Barwon Park are very good, and close to the centre of town. The meet was well run with most events on offer, but no walks, steeplechase or distance events.

As the Masters were finishing, there were junior events starting, and in the evening the local club had their open athletics with some elite athletes competing to get Olympic qualifying performances. Dani Stephens threw the discus 57.79 m.

The road running was on Sunday morning – or should I say late Saturday night, as the marathon started in pitch black darkness at 5 am. Those who wanted to sleep in could do a half marathon, 10 km or 5 km. The courses were all fairly flat and mainly on a paved bike track following the historic Kuranda railway track.

Louise McLean **Christopher Worsnop** **Toni Matters**

Head lamps were compulsory for the marathon as the first few kilometres were around the Botanical Gardens with no ambient light. As we started I ran behind a couple of local ladies who were running about my pace, and I was hoping that they would know where to go. We left the Gardens and ran along a track next to a channel before reaching the railway line. Their conversation was unnerving:

"I'll wet myself if I hear a splash."

"Yeah – I get nervous along here."

"Look – there's a gap where they slide in." She pointed to a gap in the bushes between the track and the channel.

They were talking about crocodiles that are seen along this part of the course. I don't think that snake bandages do much for croc bites!

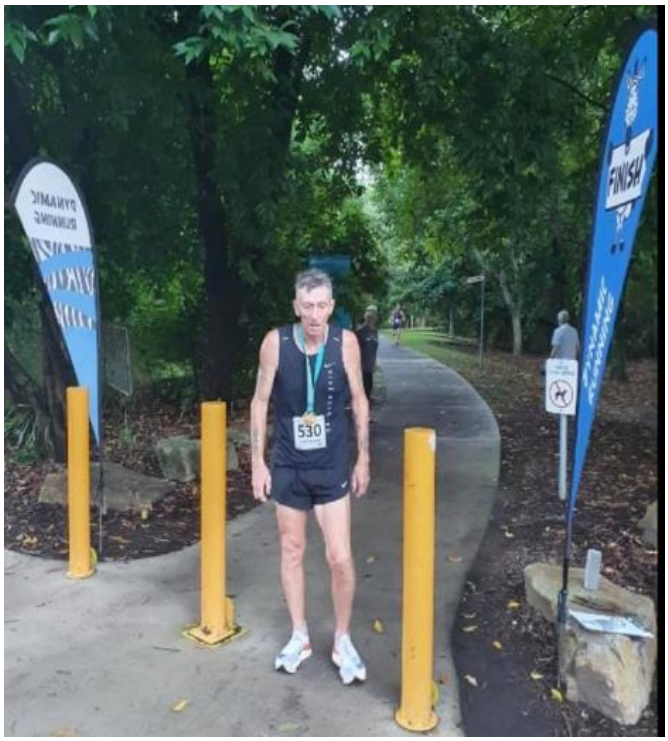
As well as the athletics and other sports there was a Games Dinner, which was very entertaining. Natalie Cook was one of the speakers. She won the beach volleyball Olympic gold medal in Sydney in 2000 with Kerri Pottharst. Natalie has competed in five Olympics. She is very friendly and a funny speaker, so if you get a chance to hear her, take it. She said that Cathy Freeman owes her, as Natalie and Kerri won Australia's ninety-ninth Olympic gold medal an hour or so before that famous 400 m. This gave Cathy the honour of winning Australia's one hundredth gold medal.

Chris Anstey was also on the speakers' panel. He is a seven feet high international basketballer, and also spoke really well. He originally was a tennis player, then he tried out with Essendon. Kevin Sheedy could not find football boots big enough for his size 18 feet, so gave him some basketball shoes, and the rest, as they say, is history.

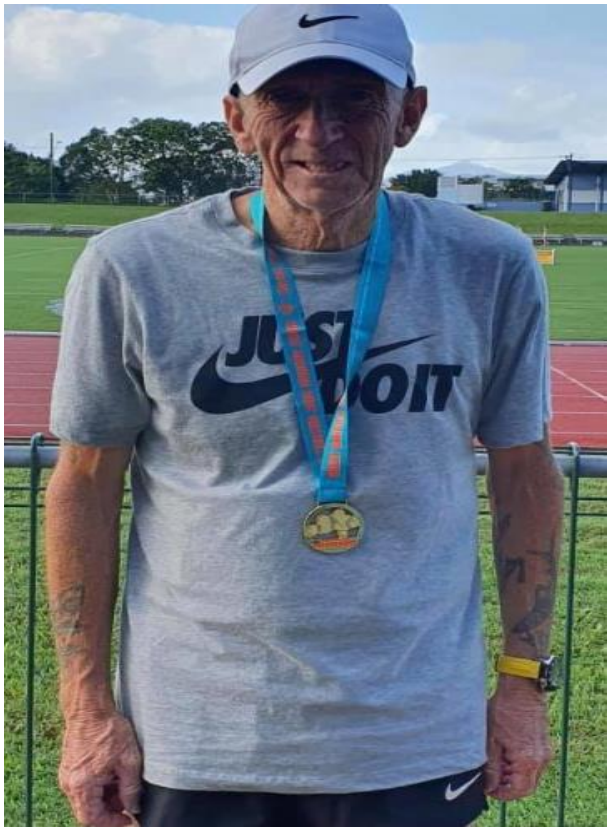
Christopher Worsnop

Les Williams (134) at starting line

Congratulations to our friend and club (Springvale/Noble Park) mate Les Williams who had a smashing weekend at the Great Barrier Reef Masters Games.



Les Williams at finish line



Not only did Les claim (3) M65 Gold Medals, he also set (3) new games records.

Les's results were:-

1st M65 - 5K - Outright first place for ALL age groups with a time of 20m.40s

1st M65 - 1500m - second place overall for ALL age groups with a time of 5m.30s

1st M65 - 800m - 2m.38s

Sensational running Les!

KIESER
GREAT OCEAN ROAD RUNNING FESTIVAL

The Kieser – Great Ocean Road Running Festival on the weekend of May 15-16 2021.

Julie Norney and Rob Italia both took podium spots in the 14km Paradise run.

Julie Norney took out 1st place in the women 50-54 in a time of 51m.28s

Rob Italia took 3rd place running against Steve Moneghetti (1st) in the men's 55-59 age group in a time of 56m.55

55-59 Top 100 55-59

Pos	Name	Time
1	Steve MONEGHETTI	00:45:58
2	Michael EURY	00:48:07
3	Rob ITALIA	00:56:56

Rob & Julie on the start line

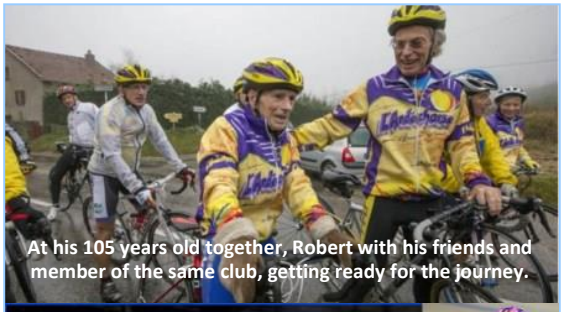
Rob & Julie post race

Rob & Moneghetti

Little Big Man

Robert Marchand, a diminutive Frenchman, (*He stood 5 feet tall and weighed 115 pounds)* who was born Nov 26, 1911 in the northern French city of Amiens, died May 22, 2021, at a care facility in Mitry-Mory, France, outside Paris. He was told he would never excel in cycling only to set world records as a centenarian, and he was 109 and he still riding his exercise bike 20 minutes a day prior to his death.

Before entering cycling, he began briefly in boxing with his father, but he did not like this sport and began to practice gymnastics and in 1924 he became "French champion" in the Pyramid or towers modality.



At his 105 years old together, Robert with his friends and member of the same club, getting ready for the journey.

Robert (left) in his 103 years old, celebrating with champam his ascent to the port of Ardeche

As a young man, Mr. Marchand traveled extensively, working as a truck driver in Venezuela in the late 1940s and then as a lumberjack in Canada. He had also been a firefighter.

Back in France in the 1960s, Mr. Marchand held various jobs that left him with no time for sports, but he eventually took up his bicycle when he was 68 and accomplished a remarkable series of cycling feats.

He cycled from Paris to Moscow in 1992, (*81 years old*).

He set the 100-kilometre, record for cyclists past the age of 100.

And Mr. Marchand covered 26.92 kilometres in one hour to better his own world record in the over-100s category.

In January 2017, (*106 years old*) he set a world record in the 105-plus age category — created especially for him — by riding 22.54 kilometres in one hour on the boards of the Velodrome National near Paris.

He was named the greatest centenary athletic of the world.

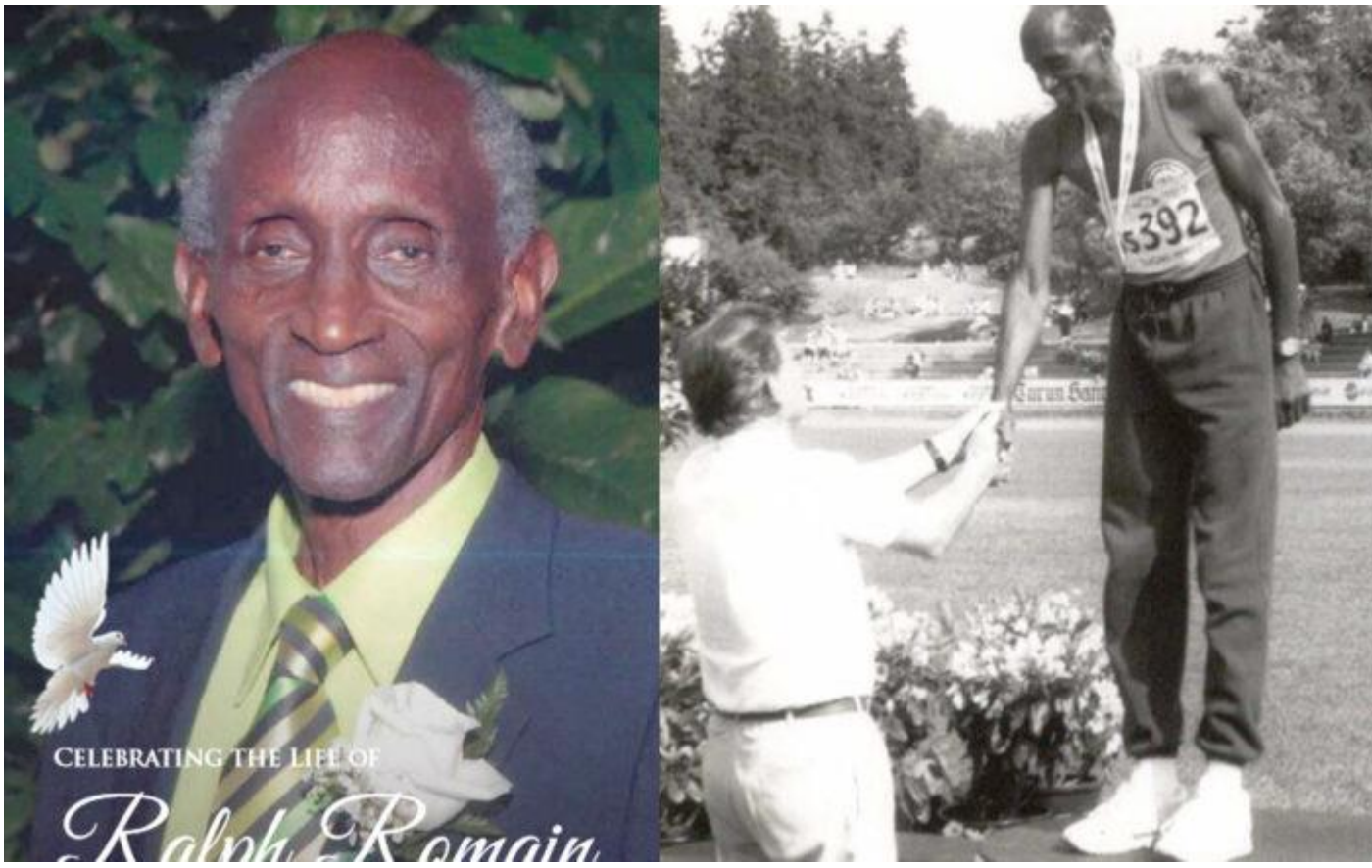
Mr. Marchand was a good-humored bon vivant “who loved eating chocolate and drinking his glass of wine.”

According to his own words, Mr. Marchand owed his longevity to a healthy lifestyle: eating a lot of fruits and vegetables, eating lithe meat, not smoking and exercising on a daily basis.

Mr. Marchand never pushed his limits, went to bed at 9 pm. and woke up at 6 am. To stay fit, Marchand rode every day on his home trainer and put himself through outdoor training sessions on the road when the weather was good enough. He did not watch much TV, apart from the Tour de France.

Juan Perez

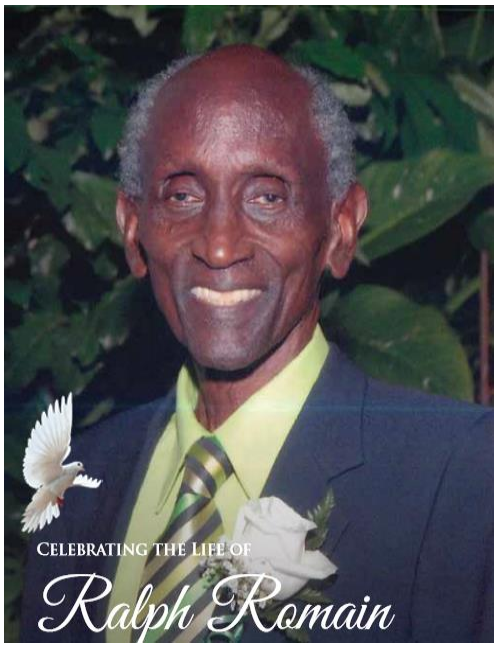
Ralph Romain dies at 88; lanky Trinidad sprinter was WR legend at 200 and 400



Ralph Romain is shown accepting the gold medal for winning the M55 400 in 53.41 at the 1991 WAVA World Veterans Championships in Turku, Finland.

Ralph Irving Romain was an education expert who worked for the World Bank and UNESCO. He taught history at New York's Medgar Evers College of CUNY. In the 1960s, not long after his native Trinidad and Tobago gained independence from the UK, Ralph was the Caribbean nation's education minister, writing a 15-year plan through 1983.

"Equipped with training at the graduate level at Cambridge University, Romain took on the challenge of creating an educational system designed to allow equal opportunity to quality education for all the children of the country," **wrote Ralph Henry** in the nation's oldest newspaper. "He was fired by the idea that the future of the country was carried in the book bag of students."



Sadly, Ralph Romain was fired as a "permanent secretary" of education when his plans ran afoul of the church schools that dominated his nation. He was demoted to "special adviser" and given a desk "somewhere else in the bureaucracy."

In 1990, he **filed a complaint** against the United Nations Educational, Scientific and Cultural Organization after not being reappointed to his job as director of the Educational Financing Division of the Paris-based International Bank for Reconstruction and Development, aka World Bank. He lost his case.

But Ralph — who died of a heart attack May 23 after suffering from dementia for a decade — didn't lose his athletic fire.

Starting around 1991, he set a series of world records in the 200 and 400 that continue to amaze. He remains the listed WMA M60 record-holder for 400 — a stunning 53.88 at age 63 at the 1995 Buffalo world meet. Tall and lanky, Ralph ran a WR in the M55 400 of 52.52 that lasted 13 years until **Charles Allie** ran 52.24 in 2003. Ralph's M65 WR at 400 of 57.27 was set at South Africa worlds in 1997, since beaten by legends **Guido Müller** and Charlie. His 61.01 WR for M70 set at 2003 Puerto Rico worlds has been topped as well.

But memories of his magnificence are still fresh.

Fellow WR man **Steve Robbins** told me: "I only talked to Ralph a few times. He was incredibly nice but reserved. I loved watching him run the 2 and 4. He'd give up 10 meters or so to the competition in the first 50, then he would unwind those long legs and he would begin eating up ground. He ran so smooth and effortlessly. He was a class-guy and one of the major stars of masters track."

Aussie sprint legend **Peter Crombie** recalled: "Ralph Romain ran one of the most incredible 400m races I have ever seen during the world titles in Turku Finland in 1991-M55. I saw this tall streak standing at the start of the race with his hammy all bandaged. I presume he couldn't get down. He started the race in what seemed a stroll where he was behind others and gradually built up speed down the back straight with very long strides which seemed to be overstriding. At the 200m he was probably just in front and then he left them all to win by almost 3 seconds in 53.41. **Reg Austin** won the M50 age group in 53.63 and he was a world superstar in the lower age group. Ralph was 59 and was actually 60 on the day of the race, but had to run in the 55 age group because he was there at the first day of the meet. So he broke a M60 WR in a M55 race.

David Ortman of Seattle said: "I competed in the WAVA-Buffalo world masters meet in 1995 (in M40) and saw Ralph win the M60 400m in what is still a world masters M60 age-group time of 53.88. He also won the M60 200m in 25.87 into a -5.3 headwind! Awesome then, awesome now."

In November 1992, **Jerry Wojcik** wrote in National Masters News: "Ralph Romain, 60, of Trinidad and Tobago didn't let a pouring rain that moved the high jump indoors deter him from a world record at the Potomac Valley Games in Alexandria, Va., on September 6. Romain, who holds the M55-59 world record at 52.6, broke the M60-64 record for the 400 with a hand-timed 54.6."

Ralph ran sprints into his late 70s

Ralph's daughter Jacqueline — one of seven kids — informed me of **Ralph's passing** and added other details.

"He lived in Curepe, Trinidad, and died in St. Joseph, Trinidad, after a heart attack. He had had dementia for over 10 years. He was retired from the World Bank in Washington, D.C, working in their education department. Before that, he taught history at Medgar Evers College in NYC and was also the permanent secretary of the Ministry of Education in Trinidad in the 1960s. He also spent two years at UNESCO in Paris in the late 1980s. His funeral service was held on June 1 in Trinidad and a second memorial service was held on June 5, also in Trinidad. Besides running he loved growing fruits and vegetables and even bred dobermans!"

In a YouTube video of the June 5 live-streamed service, daughter Lesli said Ralph had a hot temper but "if you had a fat tire, he would help." He had lived in the United States, including Florida, but returned to Trinidad. By 2009, his decline in mental acuity was noticed and he was diagnosed with Alzheimer's in 2010.

He "made me a more serious, responsible person," Lesli said. She saw her late mother and Ralph in heaven "passing the crossword puzzle back and forth and taking walks."

His T&T obituary mentioned his survivors, but not all of them.

"Please note that the mother of all his children was Merle Romain (who unfortunately passed away on April 7, 2021)," Jacqueline wrote me. "The woman listed as his wife was his second wife (but that's a whole other story). He also had 12 grandchildren and 2 great-grandchildren."

As usual, when a masters track great goes to the big meet in the sky, there's always a "whole other story." I'm glad I learned more of Ralph's.

As Dave Ortman wrote: RIP — Run in Peace.

POSTED BY: KEN STONE 20TH JUNE 2021 - https://masterstrack.blog/2021/06/ralph-romain-dies-at-88-tall-trinidad-long-sprinter-was-wr-legend-at-200-and-400/

VMA Events Calendar

For full details watch for upcoming events on VMA website

VMA 10 km Road Race – Eric Greaves	Braeside	25 July 2021
VMA 10 Mile Road Race	Knox	8 August 2021
Australian Cross Country Championships 2021	Adelaide	21-22 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 Winter Throws Championships 2021	Wollongong, NSW	2-4 October 2021
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.

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

Profile

Christine Schultz

By Mike Hall

Back in March 1984 at the Victorian championships, Melbourne's "mighty atom" Chris burst on the veteran scene with a vengeance in the W 30 shot-put, with a new national record, 15.71 metres, which in fact still remains unchallenged after more than thirty years!

This initial success was just the incentive she needed to embark on a long and illustrious career in Veterans/Masters Athletics. Even at a very young age, it was clear her natural strength and technique would ensure she was destined to succeed at the highest level of the sport.

Competing regularly in open competition as a teenager, with the Kew Women's Club in Melbourne, she rose to prominence by winning her national title at just twenty-two years of age, in 1973. Under the initial guidance of well-known international athletics coach Frans Stampfl in those early years, Chris caught the attention of the Australian selectors, culminating with her selection for Oceania, in the prestigious 1981 World Cup, in Rome.

However, soon after returning from overseas, she learned of AAVAC's decision to introduce a W 30-34 division. It was then a casual conversation with champion thrower's Royce Foley and Graeme Rose, that ultimately convinced her to join Victorian veterans soon after.

Christine's initial introduction to veteran athletics was at the combined Oceania/national Championships, in Canberra, 1984, where she immediately stamped her authority on the throwing scene, winning all three of her events, shot-put (14.98), discus (48.12) and javelin (38.90), in the process creating new Oceania and Australian records in both shot-put and discus.

This then would herald the beginning of a remarkable run of achievements over the next twenty-five years, particularly in her specialist events, shot-put and discus, over five continuous age groups. Her amazing consistency over this period has seen her set an incredible thirty-three Australian records, of which fifteen are still current with seven world records in the process.

She has featured in thirteen Veteran/Masters World Championships since her debut in Melbourne 1987, claiming nineteen titles and thirteen minor medals. At national and Oceania Championships she has amassed a staggering one-hundred-and-fifty-seven medals in a wide range of throwing events. In recognition of these achievements, it is therefore not surprising Chris has been duly recognised with many awards over the years.

Examples are: The prestigious annual *Edwin Flack Australian Sports Medal* and the *Thrower's Champion of Champions Award*, in 2002, the *AMA Award for the most Outstanding Female Athlete* and again in 2000 and 2014 the *AMA Throws title*.

Though in recent years Chris has been to some extent, by her own standards, somewhat restricted in major competition, through a series of injuries and hip replacement, she says, quite confidently, watch this space, as she looks forward positively to her new W 70 age division. A modest, quiet athlete who knows exactly what is needed to get results and is quite content to let her consistent achievements tell the story.

Australian World Records

Event	Age Group	Distance	Year
Shot Put – 4kg	W30	15.71m	1984
Shot Put – 4kg	W35	15.41m	1987
Shot Put – 4kg	W40	14.36m	1991
Shot Put – 4kg	W45	13.18m	1998
Shot Put – 4kg	W50	14.39m	2001
Discus – 1kg	W30	50.04m	1985
Discus – 1kg	W35	48.90m	1989
Discus – 1kg	W40	48.52n	1991
Discus – 1kg	W45	44.38m	1999
Discus – 1kg	W50	41.00m	2001
Throws Pentathlon (2015 Tables)	W35	3795	1987
Throws Pentathlon (2015 Tables)	W45	4174	1997
Throws Pentathlon (2015 Tables)	W50	4371	2001

Australian Championship Records

Event	Age Group	Distance	Year	State
Shot Put	W30	14.98m	1984	
Shot Put	W35	14.67m	1988	
Shot Put	W40	13.22m	1991	
Shot Put	W45	13.16m	1996	
Shot Put	W50	12.96m	2002	
Discus Throw	W30	48.12m	1984	
Discus Throw	W35	47.36m	1986	
Discus Throw	W40	44.42m	1991	
Discus Throw	W45	43.00m	1996	
Discus Throw	W55	32.35m	2006	
Throws Pentathlon	W45	4160	1996	
Champion of Champions Throws	W45	50.02 (DT)	2000	Hobart
Royce Foley Trophy	W45	4464	1996	Perth

NEWS FROM EAST BURWOOD

BOB LEWIS 400 m HANDICAP SERIES

This is one of the most prized perpetual trophies at East Burwood. Athletes must qualify for the final by collecting points in four preliminary rounds over four different weeks. In the first heat Grant Murphett was the fastest with 60.0 and he won the handicap. Note that the handicap is time based rather than having the distance adjusted, so everyone runs 400 m. Paul Durrant was second with 71.0, then Glenn Berry with 76.0.

Paul won the second heat with 70.0, just one second ahead of Stephen Day (77.0) and Leo Watson (2:00.0). There were seventeen in the third heat. The camera was needed to split Paul (1st with an actual time of 68.0) and Grant (60.0), as well the next two places with Leo third (1:59.0) and Sonya Pollard fourth (89.0). Worsnop (88 s) won the fourth heat by 1 sec just ahead of a fast finishing Ron Gillies (81 s), and then four runners on the same time Bec Carpenter (69 s), Stephen Day (75 s), Grant Murphett (60 s) and Paul Durrant (68 s).

The night of the final was quite cold, and the track was wet, but the rain held off for the big race. Shirley Coppock (85 years old) was the front marker. She set off enthusiastically hoping not to see any of the other runners. Leo Watson (just one day off 80) chased her hoping for a win to celebrate his birthday. He slowly narrowed the gap and was able to pass her in the last twenty metres to win and claim the gold medal, running 110 s; and Shirley finished in 150 s.

Meanwhile, Jessica Dux, one of the back markers took off at a flying pace. She passed most of the field running 68s, and splitting Leo and Shirley to come second. There was one second between each of these first three runners. There was another one second back to Donna Clarke (95 s) and Stephen Day (71 s) who needed the camera to split them as they finished with the same time. The other finishers were Paul Durrant (67 s), Grant Morphett (60 s), Chris Joseph (84 s) and Andrew Fraser (159 s).

EAST BURWOOD 100m AGE GRADED CHAMPIONSHIP

We had this event for the first time this year. There were ten entrants. The winner was Shirley Coppock running 24.05 (81.1 %). Paul Durrant was second with 14.38 (81.0 %), and Chris Joseph was third with 13.97 (80.1 %). All very impressive times for the ages.

LEGENDS 6000 m HANDICAP SERIES

This is a Pete Battrick special for the dedicated distance runners in the cold winter months. In round one Stephen Day ran 26:42, Sam Defanis 31:50 and Christopher Worsnop 32:59. Stephen won the second heat with 25:51, followed by Bernie McLaughlin in 30:11. Ron Gillies 28:24 won the third heat, with Stephen (26:28) second. Stephen Day was a clear winner of the series running 27:05 in the last heat. Worsnop (30:33) ran better than expected in the wet and windy conditions to win the last heat and come second in the series. Ron Gillies (30:22) was second in the last heat and third in the series on a count back.

1500 m WALK HANDICAP SERIES

This is another one of Pete Battrick's handicap series for April and May. The first three in Round One were Brain Tait, Mel Bissett and Kylie Irshad. Gordon Onley, the front-marker, had a comfortable win in round 2 ahead of Brain and Pete. Leonie and Ron Gillies were first and second in the third round, just one second apart, and Gordon was third. Phyllis Gosbell had a comfortable win the final round ahead of Mark Harris and Gordon.

The series' medals went to the most consistent competitors: Gordon first, Brian second and Pete third.

1000 m WALK HANDICAP SERIES

Phyllis Gosbell won the first heat, followed by Mark Harris and Leo Watson. The second heat was held after the lock down in wet and windy conditions. Paul Moritz was the back marker and went through the field to win with 6:25. Leonie Gillies, Leo Watson and Janet Holmes were just a few seconds behind. Two more rounds to go – stay tuned.

FREEZING FREDDO FROG 4 km HANDICAP SERIES

Chris Robinson is more noted for her sprinting, but had been doing some distance training. She surprised herself (and the handicapper) by running 21:02 in the first round to win the handicap by over one minute. Stephen Day (16:43), the back-marker, was second, then Bernie McLoughlin (19:27). Leonia Gillies (24:25) and Ron Gillies (18:38) were first and second in the second round, with Worsnop (20:24) third. Stephen finished strongly (16:42) to just beat Chris (21:15). Worsnop was third in 21:38. More freezing Freddo frogs to come.

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

East Burwood Social Night

Nearly thirty people from East Burwood Masters, as well as friends from Knox, Springvale and other venues had a social night over dinner at Cafe Oggi. It was great to get together and have a chat in a relaxed atmosphere, without having to warm up and rush off to another event. It was also interesting to see people dressed up - not that we are undressed at East Burwood, but people do look different in clothes other than shorts and singlet.

VMA 10,000 Metre Championship – George Knott – 11th May 2021

Given Name	Family Name	Age	Gender	Result
Shane	GRUND	39	M	**30:46**
Lydia	RINAUDO	38	W	**38:01**
Kym	OSMAND	38	W	**41:53**
Ryan	HAWSON	42	M	**36:50**
Christy	LAMBERT	40	W	**39:14**
Brad	BUYCK	43	M	**39:28**
Jamie	RAE	42	M	**43:42**
Pramesh	PRASAD	47	M	**42:14**
Michael	BIRD	51	M	**39:48**
Robert	TAYLOR	52	M	**43:45**
Stephen	DAY	51	M	**43:57**
John	CURRY	52	M	**46:00**
Andrew	ELLIOTT	54	M	**47:50**
Christopher	SHEEDY	53	M	**48:32**
Glenn	WALSHE	53	M	**49:39**
Mike	BIELENY	58	M	**36:45**
Ian	WINNEN	59	M	**45:46**
Ros	DYER	56	W	**61:18**
Frances	HALTON	59	W	**70:16**
Peter	RUSHEN	60	M	**37:02**
Steven	QUIRK	61	M	**37:41**
Peter	GAUNT	61	M	**42:09**
Syd	BONE	63	M	**47:50**
Yassine	BELAABED	69	M	**40:00**
FRANK	McNAMARA	67	M	**43:16**
Greg	WILSON	68	M	**44:18**
Claudio	RIGA	65	M	**50:47**
David	SUTHERLAND	67	M	**51:38**
Michael	CARR	68	M	**52:01**
Barry	JEFFS	72	M	**52:47**
Rodney	BAYLEY	74	M	**55:44**
Heather	CARR	71	W	**55:52**
Peter	THORNE	72	M	**57:11**
Lavinia	PETRIE	77	W	**50:17**

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

Australian Records							
M50	Decathlon	Justin Hanrahan	Vic	7,017pts		13-02-21	Bendigo
W30	3k Steeplechase	Aidan Hobbs	Qld	8m 50.43s	92.1%	27-03-21	Nathan QSAC
W75	56lb Throw	Jeanette Williamson	ACT	2.94m		27-03-21	Turner
W30	3k Steeplechase	Aidan Hobbs	Qld	8m 50.22s	92.1%	18-04-21	SOPAC
W75	10,000m	Lavinia Petrie	Vic	50m 17.3s	105.4%	11-05-21	Collingwood
W30	2000m Walk	Melissa Lewis	WA	9m 41.79s		27-05-21	Perth
M30	100lb Throw	Shane Carstairs	Vic	4.23m		20-06-21	Murrumbeena

Australian Indoor Records							
W65	Weight Throw	Jill Taylor	NSW	14.44m	87.50%	20-06-21	Somersby

Victorian Records						
M60	10,000m	Peter Rushen	37m 2.5s	88.4%	11-05-21	Collingwood
M85	Long Jump	Brian Greaves	3.02m	83.2%	22-05-21	Cairns
W80	Super Weight	Jane Kinsey	4.35m		20-06-21	Murrumbeena
W80	56lb Throw	Jane Kinsey	1.46m		20-06-21	Murrumbeena
M30	56lb Throw	Shane Carstairs	8.29m		20-06-21	Murrumbeena

Clyde Riddoch, VMA & AMA Records Officer

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