

 F  TPRINTS
September/October
2021



During Lockdown, major track work at Mentone – see report page 33

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2022 - 50 YEARS on and just warming up



Where have we come from?

With the greater awareness of general fitness in the later part of the 60's resulting in the starting of the fun run phenomena in the 70's and with more competitive athletes looking to run beyond the age of 30 the environment was ready for an organisation for mature aged athletes.

At a meeting held on the 29 November 1971 a steering committee was formed with the aim of establishing a Victorian Veterans athletics group. This steering committee called a meeting of those interested in forming a *Victorian Veteran Amateur Athletic Club (VVAAC)* to attend the Walkers Club rooms in Albert Park on Monday 24th January 1972. Mike Porter was elected the president and Keith Routley the secretary/treasurer, thus our organisation was born.+

The Box Hill Athletics track was the initial venue for club competition during the week, with the first state championships being held on 14 April 1973 incorporating four age-groups (35-39, 40-49, 50-59 and over 60 years). This was followed by the first Australian Championships held at Box Hill on 22-23 December 1973. A Veteran at this stage was regarded as being 40+ with those 35-39 being labeled pre-veterans. The veteran club at this time was a male only organisation.

The home venue for the Vets was moved to Collingwood early on and was the sole location for meeting. With increasing membership across the whole metropolitan area the concept of multiple venues for the club was born with Croydon being the next venue starting on Tuesday 4 July 1978. This has now expanded to a network of 15 venues across the state.

A number of issues that generated debate in the early years of the Vic Vets and the movement in general was the issue of the inclusion of individuals who had competed professionally and also that women could compete and the range of events that was available to them. In 1978 the national body *Australian Association of Veterans Athletics Clubs (AAVC)* which had been set up in 1974 agreed that former professional athletes could join veterans' athletic clubs.

In 1985 the World Veterans' Games were awarded to Melbourne. Vic Vets Peg Smith (executive director) and Ray Callaghan (competition manager) were given the responsibility of organising the event, which was held from 28 Nov to 6 Dec 1987 at Olympic Park to much acclaim. A second track was especially laid around the outside of the dog track behind OP. Due to space constraints it was 350 metres in length but enabled all events to be held at one location along with Gosch's paddock. At the time it was the largest athletic meet with 4817 competitors from 51 countries. This event was a catalyst for large numbers joining the Vic Vets before and after the games and was the start of the most successful time of the club membership wise.

Around the turn of the century there was debate on the need for changing the name of the organisation by replacing Veteran with Masters. This was driven at an international level by the USA. In 2002 the Victorian Veterans Athletic Club changed its name to the Victorian Masters Athletics.

Over the years there have been many personalities and events that deserve to be show cased. The VMA board believes with the contribution from members with the intimate knowledge of such people and events we will truly be able to celebrate our first fifty years in a fitting manner.

Acknowledgement of the source of much of the above content goes to *Bryan Thomas* the author of the *Age is no Barrier: A History of Masters/Veterans Athletics in Australia* available in electronic format from the AMA website

Let's celebrate and be proud!

1. Commemorative polo shirt



All VMA life members, honours recipients (check website for the list of these members) and members who join for the 2022 financial year **prior to 1 January 2022** will have their **name printed on the back** of the VMA 50 Years commemorative polo shirt as illustrated above.

The polo shirt (\$10) can be ordered and paid for at the time of joining for delivery in March 2022. Polo shirt will be able to be picked up from the venue you attend regularly or posted out to you for an extra charge.

Become part of the celebration join early and buy your personalized polo shirt!

Online registrations for 2022 open on 1 October 2021

2. Sunday BBQ and competition 50th Celebration

The day will be scheduled during March 2022. We are still waiting finalisation of championship competitions before setting a date. Venue managers will be asked to engage in planning the event through a venue managers meeting in December. More details to follow especially post the venue managers meeting.

More information to follow.

3. More details of events to be released throughout the year

Time for us to share our memories, reflections and future directions



The board is keen to accept:

- Profiles from members of individuals they consider have contributed significantly along with interesting anecdotes.
- History and key milestones of each venue and their events
- Why certain individuals have events named after them
- Personal view of issues of the club such as the path to women competing, accepting professional athletes the change of name etc.

It is intended to publish extracts/articles in Footprints throughout the year.


A section of the website will house the contributions for all to be able access.

The heart of the VMA are the members. The success of the VMA is the sum of the members' efforts. The success of documenting the diversity or our history will be the contribution from members.

Email contributions to assistant-secretary@vicmastersathletis.org.au


Mike Hall, a great contributor to Footprints, has this year celebrated forty years at Noble Park/Springvale venue.

I am including below an extract of a publication which I found on the Web at <https://ausrunning.net/misc/veteran-athlete/newspapers/veteran-athlete-v1n1-lores.pdf>



" THE VETERAN ATHLETE "

A NATIONAL PUBLICATION DEVOTED EXCLUSIVELY TO VETERAN ATHLETES



Vol. 1, No. 1
JUNE 1986
PRICE \$2

EDITORIAL

Dedicated to all existing and potential Veteran Athletes in Australia

Well here at last is Issue No. 1 of our long awaited National publication of "THE VETERAN ATHLETE", your own monthly newspaper which is designed entirely to provide a comprehensive coverage of all activities within the Australian Association of Veterans Athletics and regular news from our counterparts overseas. Not since the late seventies and the valiant efforts of Jack Penningtons' very informative magazine "THE VETERAN ATHLETE", have we been able to keep in touch with what is happening on the National scene.

It is my sincere hope that each individual State Association will recognise and support this latest attempt to provide a much needed communication medium to all our members and ensure its success in our rapidly growing organisation.

Having been fortunate enough to be a small part of the Australian delegation in Rome recently, where the successful bid to hold the 1987 World Games in Melbourne was confirmed, it is my firm belief we are destined for a period of tremendous growth and development in AUSTRALIAN VETERANS ATHLETICS over the next few years.

May I therefore, reiterate my earlier wishes and emphasize the success and future of this publication is in

your hands. The contents and quality of a project of this nature requires a great deal of work by a lot of people, however it will be solely dependent on the regular input of information supplied from all States with material to keep the readers interested and the general public aware of our existence.

As a gesture of confidence in the future success of "THE VETERAN ATHLETE", it was decided to offer this inaugural 1st Edition "Complimentary", thus ensuring every member of the Association receives their initial copy "Free".

Please indicate your support and subscribe to future issues by completing the enclosed Business Reply Card. Thank you.

So there it is folks! We are off and running again. Please let us know what you think, what you would like to read and most importantly what's happening in your corner of this vast continent, and we will do our best to print it.

Till the next issue.
Stay fit, healthy and happy.

MIKE HALL.

Just a bit of trivia – Mike was my soccer coach at Dandenong City in 1968 and 1969 (also Brian Holcombe), when we played at Dandenong Showground, which is now Dandenong Market parking.

Octogenarian Mike and wife Penny appeared on Channel 7 evening news on Sunday 12th September 2021

Some of the records held by Mike Hall:-

Australian Championship 300 Metres Hurdles on 19th March 1989 at Murrumbeena with a time of 44.3 seconds.

Australian World Records in the 4X200m Relay:-

M50 with Bob Wishart, Ross Kent and Graeme Noden at Murrumbeena on 3rd November 1996 with a time of 1 minute 46.0 seconds.

M55 with Barry Pomeroy, Ross Kent and Graeme Noden at Frankston on 23rd March 1997 with a time of 1 minute 44.7 seconds.

M75 Victorian Masters Record in the 4 X 100M Relay with Graeme Noden, Russ Oakley and Bob Wishart at Darwin on 11th June 2017 with a time of 62.66 seconds.

M80 Australian Championship 80 Metres Hurdles at Albert Park on 27th April 2019 with a time of 18.25 seconds.

M80 Victorian Masters Record in the 200 Metres Hurdles on 26th April 2021 at Doncaster with a time of 45.58 seconds



HOW TO BEAT A GUINNESS RECORD BY RUNNING

Narrated by Juan Perez

Running, in itself, already involves considerable physical effort but, if it is also done by pushing not one baby carriage, but two, it is almost a feat.

Beatriz Morillo is an athlete and broke the Guinness record for a half marathon pushing a cart with her two children, 4 and 2 years old. The 10,000-metre university champion of Spain has not only achieved it but has lowered the previous mark by more than three minutes.



It is not strange: doing this she entered the Guinness Book of Records when she completed the half marathon of Laredo (Cantabria) Spain in 1h 28m 28s. Their children, Valeria, 4, and Gabriel, 2, don't seem uncomfortable at all from the slight rattle, quite the opposite.

This 37-year-old woman from Madrid is a former professional athlete, physical education teacher and mother. "I am a very good babysitter, I like to share everything with my children," she explains about her idea of starting to run with the stroller.

The girl sleeps peacefully all the time and she protests if her mother doesn't start the engine. "She likes speed. When I go uphill she tells me: "Mom, faster" says Morillo.



She also wanted to do her first half marathon with this load of 45 kilos (16 from Valeria, 13 from Gabriel and 16 from the cart). After completing the Madrid half marathon in April in 1h 31m 51s, she realized that she had fallen very close to the record of running the 21 kilometres pushing a cart with two children. "I started from behind, with a lot of people, so I had to walk because I was boxed in with the cart. I realized that if in those conditions I stayed that close, the record was possible".

The Guinness assault occurred on 2nd June 2019, in Laredo. Beatriz had to be recorded throughout the race so that the record could be homologated.

"The organization let me get in front to avoid the traffic jam, but they set the condition for me to come out a bit strong." she did the first kilometre at a pace well under four minutes and it was difficult to calm down.





Beatriz already appears in the Guinness Book with Valeria and Gabriel, although she clarifies that they do not give anything for the record. "In fact, you have to pay \$1,200 if you want a judge to come and approve it at the time", she clarifies.

She did not pay that money and now finalizes the bureaucratic procedures so that everything is registered, although the record is already hers and she does not rule out lowering it even more soon.

On the bike path that the runner frequents, you can see some mothers and fathers running around while pushing

their carts.

"I advise it. It is ideal because, especially in summer, when you run late, you put comfortable clothes on the children and they come home relaxed, ready to put them to bed". Beatriz will continue with the habit, although she assumes that one day it will end. "I'm going to miss it. It is an ideal exercise, a rolling gym".



Cassie Jacobs - Life Member and past president of Springvale Little Athletics – Welcome to the world – Grace Isabelle Jacobs – Born on the 9th August, weighing 3.97kg and 51cm tall.

ARE YOU A 'REAL' RUNNER?

By Kath Gawthorn



To outsiders, we can be a strange lot! How fair dinkum are you about running? To find out - see how many of the following can you relate to:

(Check all that apply)

- Even in polite conversation, your glutes are up for discussion.
- You have your physio's number on speed dial; you've personally paid for one of his kid's private school education!
- Your landlord's inspection report mentioned a 'significant fire hazard' – it's your decades of training diaries, and running book/magazine collection. None can be parted with!
- When you have an injury/illness/operation – your first mournful question is “How long before I can run again?”
- A “quickie” is defined as: a busy day where training is hard to fit in, and you must be content just to run 4-6km (no warm up or stretches) to maintain fitness.
- Athletic attire is your everyday wear; stepping up to smart casual is a challenge!
- The following collections form a big part of your estate: medals, trophies and certificates, souvenir running t-shirts and bibs, caps, headbands, creams, pills, tapes, compression sleeves, special drinks for when you finally do long runs again, the whole gamut of running attire and accessories spanning temperatures from -5 to +45 degrees (including everything from gloves, jackets and beanies to special sunscreens and cooling towels) pre and post-run food, powders and potions to aid running or recovery, drink bottles, ice wraps, ice packs, tech including smart watches, running audio devices, head torches, foam rollers, massage devices, and massage chairs, running belts.....(the shoe collection is a category all of its own!)
- The car contains a set of running gear at the ready.

- Instead of name-dropping, you do 'K-dropping'; i.e. getting one up on nonathletic friends by telling them that you ran 8K that morning. Admit it – it does feel good!
- You've maintained your mental arithmetic better than others your age – all those calculations about average km/lap pace, and total run time.
- Others may see attempting to climb Everest, or swim the English Channel as 'bloody stupid', but a runner understands!
- You've done 'running tourism'; i.e. visited a destination for an athletic event, and done sight-seeing on the side.
- Bush toilets are quite acceptable, even in the city. And speaking of the bush – running has provided some memorable close encounters with the fauna!
- You have a 'special' running bag with all the immediate needs for attending events. From experience, you know exactly what to pack!
- Your whole street knows you – on a run, you've given them all a wave at some stage! You know all the streets near you.
- You know all the lingo – e.g. reps, tapering, cadence, HR, "sesh", negative-split (nothing to do with negative gearing!)
- Many/most of your friends are also runners. But dogs seem to like you a lot too!
- You teach your GP a few things about keeping fit.
- At trivia nights, you know all the answers about Olympic records, past athletes etc.
- Upon foot strike, that familiar "squish" of the ground immediately tells you "dog poo!" Even without the nose, a runner immediately knows!
- You hate being cooped up on a boat, plane or other transport! In hospital, or, in forced isolation!
- Your Grandkids hear your running stories, rather than war stories.
- Running 'does it for you'; allows you to solve problems, have time to yourself, and return home a little saner.
- Retiring from running when your body says "no more" - one of the hardest decisions and goodbyes of your life!
- Imelda Marcos and Brynne Edelsten – their shoe collections were something to behold.....but as a runner you can claim some credit for yours!

If you've ticked more than twelve boxes, then YOU are a REAL runner!

Knox Report

Lockdown 6.0.... What are the odds?? Who would have thought??? 😞

The 'on again off again' nature of organizing our Wednesday nights has meant we can talk more about what we haven't done rather than any achievements.

As usual when these Lockdowns happen, we will not be running our Wednesday evening events and the Knox Athletics Track has been locked again. As for the running of our Lavinia Petrie Championship Series, we will look at maybe continuing this Series later in the year but reality is with the way this year is panning out to be, we may very well have to cancel this Series once again.

Until we have confirmation that this current lockdown 6.0 and any relevant restrictions that will follow are over, we cannot give you any further details until then.

So here we go again, how long will this 6.0 go for? We can only hope that it is over sooner than later for the sanity of all of us.

Please take care everyone, stay safe and keep warm, keep in touch with each other and hopefully we'll all see each other soon. Who knows? Maybe the weather will be a bit warmer by then. 😊☀️

Photos of some of our track work and



winner.

Cheers all

Tracey Carpenter - Knox venue manager

Coburg 1,000 metre Age Graded Championship

The annual Coburg Masters 1,000m Age Graded Championship was held over the May/June 2021 period. The event was first raced in 2008 and has taken place each year, excluding 2020. This year's event was the 13th running of the event and saw Fraser Murray take out the title in a time of 3:22, giving him an age graded result of 74.10%.



Fraser Murray

The format for the race from its inception in 2008 up until 2018 was based on an age and gender handicapping system. A distance was calculated that each runner had to complete and was often raced very tactfully. The competitors were given two opportunities to compete, with about four weeks between events, and the fastest overall time was declared the winner.

Up until 2018 with the 11 times the event had been run, Bernie Leddin had won 7 of those events. Bernie also holds the record for the fastest time at 2:39. Bernie unfortunately passed away in early 2019 and subsequently the event was changed to the BV Club Championship Memorial in honour of Bernie. Along with the change of name the format also changed to all runners completing the full 1,000m and then their time was adjusted for age and gender to determine the winner.



Bernie Leddin

Congratulations to Fraser on this year's victory and we look forward to the 14th running of the event in 2022.

Paul O'Neill

NEWS FROM EAST BURWOOD

Due to the Covid-19 lock downs, it has been quiet at East Burwood Masters. We had three weeks of competition at the beginning of July, then a break, followed by one night, and then nothing since. As soon as the restrictions allow us to re-open we always do. We get a good number of people attending, with great enthusiasm.

OLYMPICS East Burwood Masters athletes, friends and family gathered at the Forest Chase Hotel on the Sunday of the athletics to watch the Olympics on a big screen. Some came for lunch, some came for dinner, and some stayed all day. It was great fun, so thanks to Chris Joseph for organizing this.



FRENCH NIGHT Any excuse for a party at East Burwood – so we had a French Night on 15th July, as the day before was Bastille Day. People dressed in French themes, and we had a French style supper. Thanks to Shirley Coppock and Christine Robinson for the effort they put into the decorations and supper.

SPRINTS Chris Joseph had been doing well in the sprints, until an injury put him out of action. He ran 8.2 in the 60 m at the beginning of July. He also ran 11.3 for 80 m. He won the 200 m NOT with 29.8. Chris Robinson won the 110 m in 18.9. She also ran 10.1 in one of the 60 m events. Graham Ford also did well in the 60 m with 8.9. Ann Holcombe was the fastest lady in several sprints: 80 m 15.5; 100 m 19.4; 150 m 29.9.

We always start each week with 60 m. Each night there are two other sprints, but these vary in distance from week to week.

MIDDLE DISTANCE Paul Durrant ran a strong 600 m in 2:11. On the night of the track repairs, our “lovely” handicapper Pete Battrick thought that it would be a good idea for the runners to run twice, so we had a 950 m race followed by a 950 m handicap. Paul Earle was the fastest with 3:51, and he won the handicap. Chris Robinson ran 6:02 for a 1200 m. Ron Gillies ran 6:35 for a 1500 m and won the NOT.

DISTANCE The last round of the Freezing Freddo Frog 4 km Handicap Series was held on a cold wet night just before Lockdown 5.0. Three hardy runners demonstrated that consistency is a mark of a distance runner. Worsnop won the handicap with 20:50 followed by Chris Robinson (21:54) and Stephen Day (17:38). These three athletes thus took the series medals with Chris taking the gold, Worsnop the silver and Stephen the bronze.

Paul Earle ran 4,230 m in a 20 minutes event. At the end of July we had a night at short notice, and again Battrick thought that it would be fun to watch people run or walk 1000 m twice. The first time was a NOT event, and the second time was a handicap. Paul Earle ran

3:59 to be just 1 second off his nominated time. Paul Durrant ran 4:18 the second time to win the handicap.

WALKS Leo Watson won the 800 m walk Nominate Own Time by being exactly right – you cannot do better than that. Janet Holmes walked 5:44 over 950 m to be the quickest and win the handicap. (950 m? The track was being repaired, so we had to be imaginative to get the longer events completed.) The 1000 m handicap series continued in July with the third round. Pete Willmott won just ahead of a fast finishing Janet Holmes and Worsnop. Toni Matters won the 800 m handicap just ahead of Gerald Burke and Alan Wood.

THROWS As David Culbert, Olympic commentator said, “They don’t call it ‘field and track’ for nothing.” So we have a field event each week organized by Jack Fredrickson (unless it is ridiculously wet). Paul Durrant threw 34.85m in the discus to win the event and win the handicap. Mark Harris won the javelin with 20.19m. Toni Matters got the shot to travel 9.54m.

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

Christopher Worsnop 0403 910 183

French Day



2021 AUSTRALIAN MASTERS 20KM RACE WALK CHAMPIONSHIP

Casey Fields Masters Athletes Wins Gold at AMA Championship

Pramesh Prasad - Age 45/49

Kevin Cassidy - Age 60/64



(c) 2021 Victorian Race Walking C



(c) 2021 Victorian Race Walking Club

2021 Australian Masters 20km Race Walk Championship
Casey Masters athletes wins Gold Medals at the AMA Championship

Pramesh Prasad - Age 45/49

Kevin Cassidy - Age 60/64

Victorian Masters XCR Team - Jells Park XC Relays 5 x 6km



Peter Cowell Adam Gregor, Marlon Cumming, Pramesh Prasad, Shane Draper, Michael Camilleri

Victorian Masters XCR Team at Jells Park XC Relays 5 x 6km

Team - Peter Cowell, Adam Gregor, Marlon Cumming, Pramesh Prasad, Michael Camilleri.
Team Captain - Shane Draper.

VMA Cross Country Championship

Originally scheduled for 20th June the annual VMA Cross country eventually got going on the 4th July thanks to the persistent organization of the Collingwood venue who had to endure the uncertainty that any one organizing an event has to at the moment, needing to interpret COVID rules and to co-ordinate with the local council and Parks Victoria.

The 43 Runners from 11 Masters' venues were greeted with the usual sunny but chilly weather - excellent running conditions despite the week of rain.

As with 2019, 3 laps of the 2k course attracted a good number of over seventy year old runners.

- First across the line from Eastern Masters was Ryan Hawson in a time of 31:49min
- First female was Christy Lambert also from Eastern Masters in a time of 34:03min.
- The highest age graded percentage of 91.2 was achieved by Lavinia Petrie.

The effort put in by the Collingwood venue to mark out the course and run the event including nibbles after the run was much appreciated.



Christy Lambert – First Female Cross Country



Ryan Hawson – First Male Cross Country



Start of Cross Country

VMA Championship runs for 2021 – Browne shield

10k Track at Collingwood– completed 11th May

Cross Country at Collingwood – completed 4th July

10k Road (Eric Greaves) at Braeside Park – no date at present

10mile at Knox – no date at present

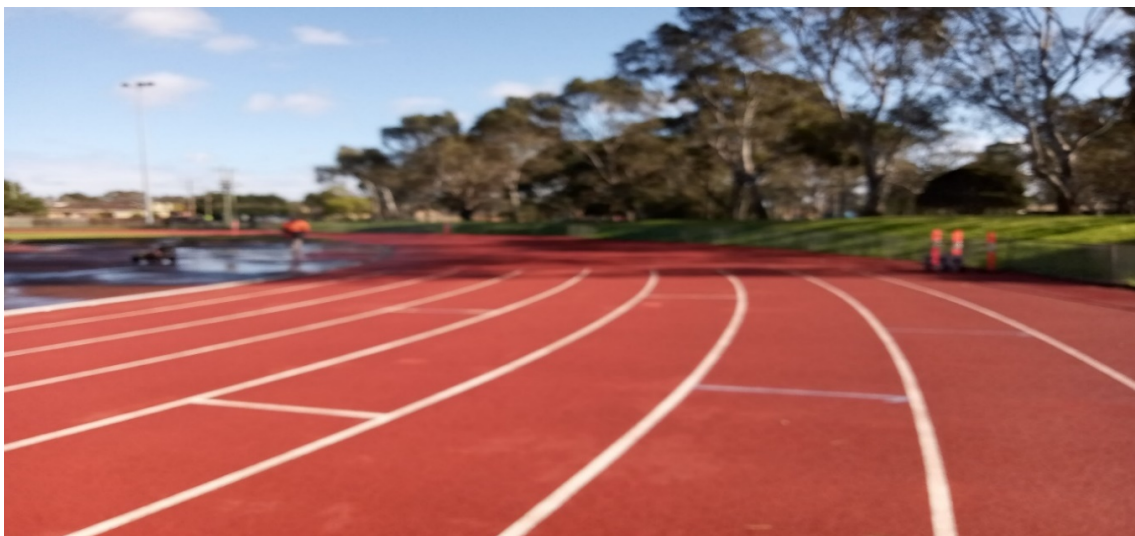
Half Marathon at Burnley – 19th September

I think we have been lucky to be able to complete two events this year, and we've had to postpone the Eric Greaves and the 10 mile but, as you can appreciate, it is very difficult to set any dates for outstanding events, and highly likely they may be cancelled.

. Those who have already entered the 10km or 10 mile will continue to be updated by email. If a new date for these events is set they will be publicised via the website and Facebook with new dates for closing of entries being set as appropriate.



Ross Reserve – Noble Park Before and after repair



Winter Inter-Venue Track Challenge

Tom Kelly Athletics Track Doncaster – Sunday 31 October 2021 from noon
(Endorsed by the VMA)

Quick facts

- Friendly and social atmosphere
- Represent your venue in a friendly competition
- Range of events on offer (in competition order): 60m, 600m, 800m walk, 150m, 1 mile, 1600m walk, 300m, 3000m, Medley relay (800, 400, 200, 200). Events scheduled to commence each ½ hour. First event at noon, last event (relay) at 4pm.
- Only \$5 for 1 event, or \$10 for maximum 3 events per athlete, relay is free
- Score points for your venue
- Non VMA members can run by invitation
- Entry open from now until 16th August via the trybooking site <https://www.trybooking.com/BRZET> or, ask your venue manager for a mail entry form, which closes last mail 20th September. **Strictly no entries on the day.**
- Video and electronic timing technology used – super accurate times for you!
- Volunteers requested; keeps entry costs minimal



The winning team from Doncaster 2018.

More information?

Email: Graham Ford Graham Ford – gford@bigpond.com.au or see July Footprints

Masters Inter-Venue Track Challenge Postponed

New Date: Sunday October 31

With lockdowns again in place, it was no surprise to most Masters Athletes that the 2021 Inter-Venue Challenge was postponed. Hopefully it will happen at the end of October.

This will be the third running of this event, introduced by the Doncaster Venue in 2018. In 2019 the team from Glen Eira pushed Doncaster all the way, and if the relays hadn't been abandoned because of the weather, the result could have been different.

This year both teams have more athletes entered than ever before, and Glen Eira have a narrow edge in numbers. Springvale-Noble Park have entered the fray for the first time, with a strong team. There is also strong support from other venues.

Compared with previous years, numbers are up for every event, though the sprints are more popular than the longer distances and walks. Athletes now have an extra month to get fit, or overcome injuries.

The event comprises sprints, middle distance and walks, generally non-standard distances, with relays to end the program. Meet records have been established from the first two competitions, and athletes who break a record earn an extra point for their venue.

It's an event for Masters athletes of all abilities, and everyone accumulates points for their venue. Athletes over 30 who are not members of VMA are welcome to run by invitation, and then perhaps may feel enthused to join their local venue.

In previous years, athletes have felt the camaraderie of the Masters athletic community, that being inclusive and encouraging, regardless of ability, athletes from all venues, cheering on those competing.

The new date is one week before the start of the Athletics Victoria summer competition, so hopefully more athletes will sign up for a hit-out before that commences.

Athletes can still enter at <https://www.trybooking.com/BRZET>

Competition was fierce in 2018:



Stroke survivor, Shaun Wright, from Doncaster, battling up the straight with Maggie Hawkes from Knox in the 800 metres walk.

Congratulation to Judy Farrell
She has been elected as Secretary of
Australian Masters Athletics
(03) 5941 9442
secretary@australianmastersathletics.org.au

Sixty Minutes – November 8

With the postponement of the Inter-Venue Challenge till the end of October, the annual Sixty Minutes run at Doncaster has now been pushed into November.

Run at Doncaster for many years, there have been many Victorian, Australian and World records set in this annual event. Most prolific has been Lavinia Petrie, who now has several Australian records better than the equivalent world record, as world records are no longer recognised.

Recently Doncaster introduced a sixty minutes walk event, to be held at the same time, which has generated more interest.

Looking forward to an exciting sixty minutes on November 8.

DONCASTER VENUE BESTS			
Age Group	One hour	Age Group	One hour
M30		W30	K. Osmond (28/09/15) 14,111
M35	Shane Draper (24/9/12) 15,621	W35	J. Northey (24/09/07) 14,674
M40	David O'Connor (27/9/10) 15,967	W40	J. Northey (26/09/11) 15,101
M45	Robert Schwerkolt (26/9/11) 17,621	W45	J. Northey (28/09/15) 15,421
M50	Bert Pelgrim (27/9/10) 16,207	W50	S. Van Dueren (27/09/10) 15,142
M55	Bert Pelgrim (26/9/11) 15,857	W55	B. Cardy (24/09/07) 15,323
M60	John Graham (24/9/12) 14,400	W60	B. Cardy (28/09/15) 14,109
M65	Ted Paulin (27/9/04) 14,877	W65	L. Petrie (26/09/11) 13,640
M70	Ted Paulin (29/9/08) 13,659	W70	L. Petrie (13/09/13) 13,044
M75	Bob Lewis (29/09/03) 13,038	W75	C. De Groot (14/04/03) 10,050
M80	Bob Lewis (29/09/08) 10,850	W80	M. Prowse (27/09/04) 5,840
M85		W85	M. Prowse (24/09/07) 6,469
Walks			
M40	Pramesh Prasad (25/09/2017) 12,036	W40	
M45	Shaun Wright (24/09/2018) 5,393	W45	Kylie Irshad (24/09/2018) 4,391
M50		W50	
M55	Albin Hess (25/09/2017) 9,321	W55	Donna-Marie (24/09/2018) 9,229
M60		W60	
M65	Frank Prowse (25/09/2017) 9,568	W65	

ENTRY FORM

THE SIXTY MINUTES

Run or walk as far as you can in 60 minutes, prizes for both walkers and runners
(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)

Tom Kelly Athletics Track, George St, Doncaster (Melway: 33, J10)

DONCASTER

Monday, November 8, 2021 (Approx. 7.30pm)

Name (PRINT): _____ **Age** (on Nov 8) _____

I understand and acknowledge that:

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting to be conducted by the Doncaster venue of the Victorian Masters' Athletic Club Inc. on October 4, 2021. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

To enter:

- Email entry form to gford@bigpond.net.au OR
- Post by the last mail delivery on Monday, November 1, 2021 to The Sixty Minutes, C/o 9 Pitura Place, ELTHAM, 3095, Vic OR
- Enter on the night by 7pm

I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster')*

(To be refunded in full in the event of cancellation of The Sixty Minutes).*

Please bring your own lap scorer.

SIGNED: _____ **Phone:** _____

Address: _____

e-mail: _____

OFFICE USE ONLY:

NUMBER

COLOUR

What's On

Date	Event	Location
2021		
2-4 October	2021 AMA Winter Throws Championships	Wollongong
9-16 October	Australian Masters Games – CANCELLED www.australianmastersgames.com	Perth
31 October	2021 Inter-Venue Challenge Masters Athletics Shield	Tom Kelly Athletics Track
November 8	60 Minutes	Tom Kelly Athletics Track
2022		
10-14 January	2021 Oceania Masters T&F Champs- www.oceaniamastersathletics.org - CANCELLED	Norfolk Island

VMA Events Calendar



For full details watch for upcoming events on VMA website

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.

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

VMA Throwers Group

Sunday Competition and Training Dates 2021

Duncan Mackinnon Park

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

Date	Program	Notes
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 practise 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 that 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.

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 Manacs trophy on the 5th December. We also have a Christmas Hamper raffle for which donations are always welcome.



Throws Pentathlon – Sunday 1st August 2021

Group	Name	Age	Event	Distance	%	Points	Total	Place
M30	Shane Carstairs	32	Hammer	38.01	45.65	480		
			Shot Put	14.38	64.77	752		
			Discus	44.40	62.43	754		
			Javelin	42.85	45.45	484		
			Weight	11.26	45.04	523	2993	1 st
M55	Nick Connell	55	Hammer	39.24	64.97	703		
			Shot Put	11.05	66.37	731		
			Discus	35.19	59.50	646		
			Javelin	27.85	45.54	403		
			Weight	13.67	65.47	754	3237	1 st
M65	Marty Galea	65	Hammer	28.37	52.81	538		
			Shot Put	8.28	56.33	562		
			Discus	26.73	46.82	486		
			Javelin	16.86	30.67	248		
			Weight	10.68	53.43	559	2393	2 nd
M65	Clyde Riddoch	68	Hammer	25.27	50.15	464		
			Shot Put	7.42	53.96	491		
			Discus	31.06	58.15	587		
			Javelin	21.83	42.07	357		
			Weight	9.71	50.92	498	2397	1 st
M75	Didimo Tonelli	75	Hammer	25.21	51.71	538		
			Shot Put	8.37	63.27	589		
			Discus	21.47	46.73	480		
			Javelin	24.74	54.35	542		
			Weight	9.75	50.94	563	2712	1 st
M80	Billy Binks	80	Hammer	18.40	41.88	420		
			Shot Put	5.27	44.36	362		
			Discus	15.69	38.07	382		
			Javelin	8.70	21.00	138		
			Weight	7.58	37.07	445	1747	2 nd
M80	George Christodoulou	81	Hammer	20.24	47.68	476		
			Shot Put	6.62	57.77	483		
			Discus	16.72	42.06	415		
			Javelin	12.33	30.69	241		
			Weight	8.36	41.90	502	2117	1 st

Throws Pentathlon – Sunday 1st August 2021

Group	Name	Age	Event	Distance	%	Points	Total	Place
W60	Narelle Messerle	63	Hammer	22.13	56.32	579		
			Shot Put	8.54	69.35	715		
			Discus	18.92	47.69	466		
			Javelin	18.20	46.23	464		
			Weight	10.59	70.51	666	2890	1 st
W80	Jane Kinsey	80	Hammer	16.09	53.05	597		
			Shot Put	4.65	53.94	506		
			Discus	9.35	32.36	343		
			Javelin	7.88	27.89	314		
			Weight	6.41	51.74	485	2245	2 nd
W80	Bev Hugo	81	Hammer	15.47	52.05	568		
			Shot Put	4.93	58.83	544		
			Discus	11.21	39.78	430		
			Javelin	9.48	34.45	396		
			Weight	5.40	44.23	391	2329	1 st



There are some great tips about running more efficiently at Medibank WEB page - <https://www.medibank.com.au/livebetter/activities/>

Whether you're after gentle, flowing exercise to soothe your mind and body after a busy day, or something high-energy to really get your heart racing, there's something for everyone.

Running efficiency and strengthening exercises with Tim Robards

Tim is a qualified chiropractor and founder of The Robards Method – a program designed to simplify the approach to optimal health.

Want to improve your running?

Join Live Better ambassador, Tim Robards for a two-part running series where he shares his knowledge on how to ensure you're running efficiently, and takes you through a strengthening routine to ensure your running muscles are strong!

Mentone (Dolamore Reserve) Track Repairs Update

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

Commentary and photos from John Kneen

One layer of asphalt Polytan has now filled in all the areas of the track they dug up to remove



the roots. They are now using the roller to compress it down.

Photo taken on 6th August 2021



This photo shows a workman levelling everything up against the plinth. Important to get this correct as plinth will be used as the height reference for the track. We are talking about an

evenness (or unevenness) of no more than 5mm. You'll note at the games any unevenness was



obvious when it rained.

Laying of the bitumen - Photo taken on 12th August 2021

They have since finished laying the bitumen for the circular track. They were to start laying the bitumen in the centre for the jumps, pole vault but the weather has been too wet.



It's important that no one gets too excited - the bitumen has to settle for 3 to 4 weeks and then when the warm AND dry weather comes they can lay the synthetic surface - that has to settle for a few weeks before the lines can be painted.

Doncaster Inter-Venue Records - 60 metres				
W80	Shirley Coppock	East Burwood	13.28	18-08-19
W75	Gladys Wishart	Glen Eira	13.96	18-08-19
W70	Janine James	Doncaster	10.44	05-08-18
W65	Marg Tweedie	Doncaster	10.12	18-08-19
W60	Marg Tweedie	Doncaster	9.58	05-08-18
W55	Philippa Wight	(NSW Invite)	9.00	05-08-18
W50	Louise McLean	East Burwood	9.72	05-08-18
W45	Sonia Pollard	East Burwood	9.44	18-08-19
W40	Linda McCaffrey	Glen Eira	10.70	18-08-19
W35	Jessica Dux	Croydon	8.21	18-08-19
W30	Jessica Dux	Croydon	8.48	05-08-18
M95	Jim Sinclair	Glen Eira	15.82	18-08-19
M85	Leo Coffey	East Burwood	12.45	18-08-19
M80	John Aughey	Doncaster	11.64	18-08-19
M75	Bob Wishart	Glen Eira	9.00	18-08-19
M70	Keith Howden	Collingwood	9.34	18-08-19
M65	Ken Bruce	Doncaster	8.44	05-08-18
M60	Gary O'Dwyer	Coburg	8.71	18-08-19
M55	Luke De Biasi	Doncaster	7.81	18-08-19
M50	Peter Briggs	(Invite)	8.04	05-08-18
M45	Stewart Dobrzynski	Knox	7.67	18-08-19
M40	Mark Hignett	(Invite)	7.68	05-08-18
M35	Clint Miller	Glen Eira	8.00	05-08-18
M30	Andrew Close	Collingwood	9.23	18-08-19

Doncaster Inter-Venue Records - 150 metres				
W80	Shirley Coppock	East Burwood	32.44	05-08-18
W75	Gladys Wishart	Glen Eira	29.46	18-08-19
W70	Janine James	Doncaster	26.40	05-08-18
W65	Marg Tweedie	Doncaster	24.63	18-08-19
W60	Marg Tweedie	Doncaster	23.52	05-08-18
W55	Phillipa Wight	(NSW Invite)	23.04	05-08-18
W50	Michelle King	Doncaster	24.48	05-08-18
W45	Sonia Pollard	East Burwood	23.60	18-08-19
W40	Linda McCaffrey	Glen Eira	28.75	18-08-19
W35	Jessica Dux	Croydon	19.57	18-08-19
W30	Jessica Dux	Croydon	20.56	05-08-18
M85	Leo Coffey	East Burwood	31.32	18-08-19
M80	John Aughey	Doncaster	29.31	18-08-19
M75	Bob Wishart	Glen Eira	21.65	18-08-19
M70	Keith Howden	Collingwood	22.16	05-08-18

M65	Murray Lawrence	(Invite)	20.94	18-08-19
M60	Rob Mayston	(Invite)	19.32	05-08-18
M55	Luke De Biasi	Doncaster	18.97	18-08-19
M50	Rob Italia	Casey	19.28	05-08-18
M45	Stewart Dobrzynski	Knox	18.10	18-08-19
M40	Mark Hignett	(Invite)	18.84	05-08-18
M35	Anthony Paige	Doncaster	20.12	05-08-18
M30	Andrew Close	Collingwood	21.36	18-08-19

Doncaster Inter-Venue Records - 300 metres				
W80	Shirley Coppock	East Burwood	79.28	05-08-18
W75	Carolyn Aughey	Doncaster	78.44	05-08-18
W70	Janine James	Doncaster	61.88	05-08-18
W65	Marg Tweedie	Doncaster	57.89	18-08-19
W60	Christine Robinson	East Burwood	59.55	18-08-19
W55	Phillipa Wight	(NSW Invite)	53.84	05-08-18
W50	Michelle King	Doncaster	53.32	05-08-18
W45	Leisa Hunt	Glen Eira	62.50	18-08-19
W40	Laura McLennan	Doncaster	57.05	18-08-19
W35	Jessica Dux	Croydon	45.41	18-08-19
W30	Jessica Dux	Croydon	45.68	05-08-18
M75	Bob Wishart	Glen Eira	48.73	18-08-19
M70	Keith Howden	Collingwood	47.91	18-08-19
M65	Murray Lawrence	(Invite)	45.21	18-08-19
M60	Rob Mayston	(Invite)	41.68	05-08-18
M55	Luke De Biasi	Doncaster	39.52	05-08-18
M50	Rob Italia	Casey	41.64	05-08-18
M45	Andrew Wilcox	Doncaster	38.20	05-08-18
M40	Matt Hughes	Doncaster	42.84	05-08-18
M35	Anthony Paige	Doncaster	41.24	05-08-18
M30	Peter Gero	Collingwood	43.64	05-08-18

Doncaster Inter-Venue Records - 600 metres				
W65	Janet Holmes	Glen Eira	2:22.3	18-08-19
W55	Susan Howell	Geelong	2:03.9	18-08-19
W50	Ros Dyer	Croydon	2:54.0	05-08-18
W45	Susan Short	Mentone	1:58.1	18-08-19
W40	Sarah Lorentzen	Glen Eira	1:55.5	18-08-19
M85	Colin Silcock-Delany	Geelong	4:05.8	05-08-18
M80	Barry Dorr	Doncaster	2:44.3	05-08-18
M75	Richard Trembath	(Invite)	2:31.8	05-08-18
M70	Kevin Solomon	(Invite)	1:54.4	05-08-18
M65	David McConnell	Doncaster	1:50.3	05-08-18
M60	Michael Meaney	Coburg	2:00.5	05-08-18
M55	Luke De Biasi	Doncaster	1:36.2	05-08-18

M50	Rob Italia	Casey	1:34.6	05-08-18
M45	Cameron Simon	Doncaster	1:30.7	18-08-19
M35	Antony Gottlieb	Doncaster	1:46.7	05-08-18
M30	Anthony Paige	Doncaster	1:34.2	05-08-18

Doncaster Inter-Venue Records - Medley Relay

W240				
W180	Pam Tindall, Jessica Dux, Ros Dyer, Tania Neale	Croydon	5:36.7	05-08-18
M240	Gary Zuccala, David McConnell, Graham Ford, Greg Champion	Doncaster	4:56.4	05-08-18
M180	David Page, Clint Miller, Syd Bone, Ivan Dodin	Glen Eira	4:22.1	05-08-18

Doncaster Inter-Venue Records - 1 mile

W65	Janet Holmes	Glen Eira	07:36.8	18-08-19
W60	Jo Cockwill	Glen Eira	09:03.2	18-08-19
W55	Susan Howell	Geelong	06:22.2	18-08-19
W45	Maryanne Murray	Doncaster	06:15.5	18-08-19
W40	Sarah Lorentzen	Glen Eira	06:46.5	18-08-19
W35	Linda McCaffrey	Glen Eira	08:07.3	18-08-19
M75	Thomas McKeown	Croydon	08:55.9	18-08-19
M65	Colin Page	Croydon	06:51.2	18-08-19
M60	Ian McCormack	Doncaster	06:45.5	18-08-19
M55	Greg Hughes	Glen Eira	07:00.7	18-08-19
M50	Rob Italia	Casey	06:01.2	18-08-19
M45	Cameron Simon	Doncaster	05:13.3	18-08-19

Doncaster Inter-Venue Records - 3000 metres

W70	Heather Carr	Glen Eira	15:52.5	18-08-19
W65	Jo Cockwill	Glen Eira	16:57.7	18-08-19
W55	Susan Howell	Geelong	12:35.2	18-08-19
W45	Maryanne Murray	Doncaster	12:23.8	18-08-19
W40	Sarah Lorentzen	Glen Eira	13:20.3	18-08-19

M65	Colin Page	Croydon	13:35.1	18-08-19
M60	Simon Lloyd	Glen Eira	12:28.4	18-08-19
M50	Mark Cant	Glen Eira	14:41.8	18-08-19
M45	Campbell McLennan	Doncaster	11:11.7	18-08-19
M35	Kuldeep Singh	Casey	15:12.8	18-08-19

Doncaster Inter-Venue Records - 800 metres walk				
W70	Heather Carr	Glen Eira	4:24.3	18-08-19
W60	Karyn O'Neill	Glen Eira	5:10.4	05-08-18
W55	Pam Tindall	Croydon	3:56.2	05-08-18
W45	Kylie Irshad	Casey	3:59.7	18-08-19
W40	Laura McLennan	Doncaster	4:17.1	05-08-18
M85	Colin Silcock-Delaney	Geelong	6:26.9	05-08-18
M70	Andrew Jamieson	Doncaster	4:13.6	18-08-19
M65	Frank Prowse	Doncaster	4:26.8	18-08-19
M60	Terry O'Neill	Glen Eira	4:28.5	05-08-18
M55	Kevin Cassidy	Mentone	3:35.0	18-08-19
M50	Greg Hughes	Glen Eira	6:13.8	05-08-18
M45	Shaun Wright	Doncaster	6:48.4	18-08-19

Doncaster Inter-Venue Records - 1600 metres walk				
W70	Heather Carr	Glen Eira	09:22.6	18-08-19
W60	Karyn O'Neill	Glen Eira	10:38.5	18-08-19
W55	Pam Tindal	Croydon	08:30.6	05-08-18
W45	Kylie Irshad	Casey	08:27.0	18-08-19
W40	Laura McLennan	Doncaster	09:38.7	05-08-18
M85	Colin Silcock-Delaney	Geelong	13:04.5	05-08-18
M70	Andrew Jamieson	Doncaster	08:36.2	18-08-19
M65	Frank Prowse	Doncaster	09:24.4	18-08-19
M60	Terry O'Neill	Glen Eira	09:31.6	05-08-18
M55	Kevin Cassidy	Mentone	07:37.4	18-08-19
M50	Mark Cant	Glen Eira	09:38.8	18-08-19
M45	David Smyth	(Invite)	08:25.3	18-08-19

WHAT WAS IT REALLY LIKE RUNNING IN THE OLYMPICS IN TOKYO?

Two athletes from the Old Xaverians' Athletic Club competed in the recent Olympics in Tokyo. I have been with the Club since 1978. We had a Zoom meeting with Old Xavs who had been to Tokyo, as they were doing their "time" in quarantine on returning to Australia. Here are some notes that I took.

Dave McNeill was a star runner at school winning APS races before finishing school in 2004. He went to the famous summer running camps at Falls Creek with the Old Xavs, and this laid the foundation for his distance running career. He then got an athletics scholarship at North Arizona – the Timberwolves.

Dave has now been to three Olympics running the 5,000 m in 2012 in London, the 10,000m in 2016 in Rio and the 5,000m in Tokyo 2021. He felt that the Olympics being delayed gave him a better opportunity to qualify. His studies to become a physiotherapist had finished a year earlier, so he was able to focus on his running.

He is thirty-four years old, and in the last year he was running the fastest he has in ten years. He has now discovered what Masters Athletes know - recovery is now a bit slower, and he needs to take extra care in trying to prevent injuries. He went to Europe in May. On the way over he stopped in Perth and did a 5,000m race. He got the qualifying time for Tokyo then.

He was asked about his experiences in Tokyo. He felt that the lack of crowds did not affect his performance. After his race he was able to go to the stadium to watch the other athletics sessions. He did not have this opportunity in London and Rio. The Australians were the only country to have a regular team presence as spectators at the athletics. It was the first time that he saw Australians win medals live – three times! The main drawback was not having his family present.

He felt that the heat helped events 1500m and shorter, and made it more difficult for events 5000m and longer.

When asked about his future he said that he will take one year at a time, but he does plan to try for the Commonwealth Games and World Championships in 2022, then maybe the Olympics in Paris. He is looking forward to getting back to Melbourne, and he is now experienced at training within a 5km radius from home.

In response to a question about what he thought of Eliud Kipchoge, he responded in typical distance runner style, "He's got the world record, so he is pretty good". Dave had dinner with him in the Olympic Village and found him to be humble and personable.

On the topics of racing for records or racing for Olympic gold, he said that an Olympic gold medal is unquestionably the pinnacle, more so than a world record or a world championship. Pacing lights on the road are becoming more common, making these types of events quite different from championship races. Setting world records is different from beating the world's best in racing. Kipchoge won the silver in 10,000 and gold in the 5,000, so proved himself.

Matt Clarke left school in 2013. He was not a star, but Matt did run in the APS 4 x 800m in years 11 and 12. After school he trained with a friend James Whelan, who changed from running to cycling due to chronic injury, and is now in the professional team Education First.

After school Matt developed his interest in athletics initially with the 1500m. He tried the steeplechase three years ago and then progressed from there. Matt has trained with Peter Bol,

Australia's 800m star, and found him to be "laid back" relaxed and balanced. They roomed together in Tokyo and Matt was impressed with Peter's confidence and self belief.

Matt ran in the 3,000m steeplechase in Tokyo in his first Olympics. He was not in the team that was announced initially. He finished the summer season 10 seconds off the qualifying time. He had run 8:43, 8:22.62 then 8:22.13. The automatic qualifying time was 8:22.0.

There is a points system to gain entry into the Olympics. He was ranked 46th, but only 45 can enter the steeplechase. Athletics Australia would put him in the team if a spot became available. At the final deadline, AA rang to say that he was in the team as someone from Britain was not selected by Great Britain. The British athlete appealed, but lost it. Matt "couldn't believe it that he had made the team". He had to check next morning that he was not dreaming.

Due to the Covid restrictions he could not have a full Olympic experience. For example, he could not attend either of the Opening and Closing ceremonies. He was in Tokyo for less than a week, and had to leave just a few days after competing. The track felt "awesome" and felt fast, although the steeples were white and orange rather than black and white making it difficult to sight them. There was less WADA drug testing due to the pandemic. His attitude towards other athletes potentially taking drugs is that he needs to run not thinking about who is clean or not – "just get on with your own racing".

He did not find the heat to be a major issue. He had spent two months in Queensland, including two weeks in Cairns. He used an ice vest and slushie before his race. He hopes to get more experience in races with more people running under 8:30, which means racing in Europe or the U.S. He also needs to learn to jump with either leg, which is usual at that level.

Tim O'Shaughnessy was a top level middle distance and distance runner in Australia in the 1970s. He was part of the Australian marathon support crew. The marathon was held in Sapporo hoping that the conditions would be cooler, but Sapporo was hot at the time of the Olympics. He had three hours' notice to go to the Australian training camp in Cairns when he was selected to go with the team.

He was asked about the French runner who knocked over the drink bottles. Tim was not on that drink table himself, but he said no more and suggested that people look at the footage and form their own opinions. There were minimal crowds for the walks in Sapporo. There were small crowds for the women's marathon. The day of the men's marathon was a non-working day, and there were large crowds. The police tried to disperse the crowds, but they were not successful.

Tim felt that middle distance and distance running in Australia has improved from Rio. Training methods have changed, adopting some aspects of Craig Mottram's training. There was also better belief in their own ability, and preparedness to race fearlessly.

He commented on the new longevity of distance runners. Sinead Diver competed in Tokyo at 44 years of age in the marathon, finishing tenth. She will now run the London Marathon in less than two months. She is a mother of two, and works part time, achieving a good life balance. Lisa Weightman is still going in her 40s. "Age is no excuse."

So come on Masters, let's get out there and train and race.

Christopher Worsnop

East Burwood Masters



VICTORIAN MASTERS ATHLETICS INC.

(2022 registrations accepted from 1/10/21)

Membership Form – New and/or Re-joining Members

NB: Footprints Newsletter is **FREE** to download from <https://vicmastersaths.org.au/>
A POSTED copy is at \$10 per year. Please Tick on the Membership Form for a post copy.

SPECIAL OFFER: Join prior to 1/1/2022 to have your name included on the Special 50th Anniversary Polo Shirt

PLEASE NOTE : Only those payments received by VMA Registrar either online or by post for 2022 membership prior to 1/1/2022 will have their name listed on the commemorative 50 Year polo shirt to be distributed early March 2022

Do you want to purchase a 50th anniversary polo shirt for \$10? **Yes/No**

If you said **YES** to the previous question Circle responses below.

1) Ladies / Men's polo shirt (circle one)

2) Size required XS S M L XL 2XL 3XL 4XL 5XL (circle one)

Either **POST**

3a) Do you want to have it sent to you for an additional cost of \$9.00?

Or **PICK UP**

3b) Pick it up from the VMA venue you attend? **State your venue.**

It is anticipated that the Polo shirts will be distributed during March 2022.

Family name: Other name(s):

Address: Suburb: Postcode: ...

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

Email: Home phone:

Emergency contact - name: Phone:

Do you attend a VMA Venue **Yes/No**

If **Yes** state VMA Venue/s: (Not AV Competition Venue)

If AV member /club name: Qualified coach: **Yes/No** Area:

Occupation or area of expertise:

PAYMENT - Cheques or Money Orders payable to **Victorian Masters Athletics** and send to

VMA Registrar - Ewen Wilson. 9-11 Cyril Street Windsor Vic 3181 [M]: 0423 424 185

CREDIT CARD – Visa / Mastercard Card No: Expiry Date: ... /

NAME ON CARD: Signature:

Circle the membership category that applies to you	Payment prior to 1/1/2022	Payment from 1/1/2022
Footprints – To receive newsletter by POST Tick here	\$10	\$10
New Members - Individual member	\$45	\$45
New Members - Two members residing at the same address	\$75	\$75
Renewing members (from 2021)		
Renewing – Individual Member	\$35	\$45
Renewing – Two members residing at same address	\$55	\$75
 <p>Fifty Years Polo Shirt and Postage Fifty Years Polo Shirt to be picked up at venue</p>	\$19	\$19
	\$10	\$10
Life Member	Free	Free
Renewing 80+ Member (If member the previous 5 consecutive years)	Free	Free
Volunteer – (non-competing)	Free	Free
Lapsed Members – Individual member	\$45	\$45
Lapsed Members – Two residing at same address	\$75	\$75
Associate Member (Under30)	\$20	\$20
Voluntary Donation to VMA Inc.		
Current AV Members –Please advise AV Club name on form	\$35	\$35

Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc.. I absolutely relieve Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by the Association.

Signed:

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

VMA Privacy Statement

Personal information collected by the Association for registration purposes will not be passed to third parties except those sporting bodies with which the association is affiliated for the purposes of registering the member with that body. Any member may at any time check their personal details as held by the Association.

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

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

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

Victorian Masters Athletics Inc. – Venue Managers

Venue	Manager	Email Address	Telephone
Aberfeldie	Tony Bradford	anthonybradford@bigpond.com	0447 139 202
Casey	Pramesh (Mesh) Prasad	caseyfieldsmasters@hotmail.com	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 0498 717 245
Geelong	Alan Jenkins	Alanjenkins4@bigpond.com	03 5221 7468 0419 314 568
Glen Eira	Mike Clapper	Mikeandjo52@gmail.com	0419 993 893
Knox	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
Mentone	Ashley Page	Apa16161@bigpond.net.au	0448 866 025
Springvale/ Noble Park	Claudio Riga Anthony Doran	claudioriga@aol.com anthonyjdoran@y7mail.com	0478 312 167 0425 796 740
Throwers	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	03 9836 2350 0417 134 601
Eastern Masters	Bronwen Cardy David Sheehan	browncardy@hotmail.com.au midget32@hotmail.com.au	0422 213 050 0448 213 200

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
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Administration Officers

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Webmaster	Ewen Wilson	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