

# VicVets News and Results

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# News and Results

Victorian Masters Athletics Inc.

November 2003

## World Record at 60 Minutes

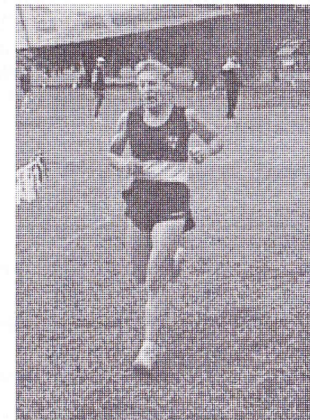
### Doncaster hosts another beauty

By Richard Trembath

How long since a venue meeting has produced a world record, an Australian record and six Victorian records? We've asked around a bit in the past couple of weeks, but can't find anyone who remembers it ever having been done. But that was the score at Doncaster on September 29 in our new feature event, The Sixty Minutes.

The highlight of the night was provided by Knox runner Lavinia Petrie, 60, who covered 13,822 metres in the one-hour run to take the world record in the W60 division, previously held by Denise Alfvoet of Belgium at 13,660m. Lavinia was thrilled, to say the least, and later let us in on her secret pre-race diet.

"I was starving on the way to the track and stopped and got some Kentucky Fried chicken and chips," she revealed, which probably blows a few people's theories out of the water. "The conditions were perfect, though, but I think I can still do a bit better," she added.



Bob Lewis ran an Australian M75 record of 13,038 metres, while Victorian records went to Bernie Goggin (M65, 10,662m), Graham Philpott (M60, 14,549m), Robin Broberg (M50, 16,031m) and Allan Long (M45), who covered the evening's longest distance with 16,598m.

The field of 10 was disappointing in quantity, especially after all the promotion, but more than made up for it in quality. There were plenty of sprinters to bolster the night, however, and it was good to see visitors from several of our other VMA venues.

Above: Lavinia Petrie in action in the VMA cross country championships  
Left: Medal presentation and gold medal to Lavinia



## Victorian Masters Athletics Inc.

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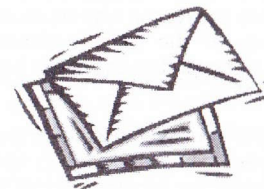
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### Reference Websites

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**Victorian Athletic League (Pros)**  
**Victorian Race Walking Club**  
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## Your Letters



### More Light on Walking

Thank you for the opportunity to read VMA 'News & Results'. I was interested to read the comments on racewalking judging.

As Fred Brooks knows, I grew up in a city where level roads are almost non-existent. It would have been impossible to comply with the 'straight knee' rule climbing some of the hills. I do not remember any rules for straight knees but that is not to say that they did not exist. Contact was the only consideration.

Whilst at the World Vets Champs in Brisbane in 2001 I recall Ray Smith explaining that in order to be disqualified a walker had to receive a warning from three different judges. This is not so in other events where one judge can disqualify (e.g. baton change-overs, running out of lane in track events, etc.). So it is not as unfair as it may first appear.

As a general rule, I believe that provided the walker is not gaining an advantage, then the judge should take a 'not quite' so strict view of 'knees' for older walkers when it appears they are trying to walk correctly. I agree with the sentiment of 'category B events' as in the UK. However, as a long time (58 years) walker and a judge I appreciate that it is possible to walk just that bit faster if the knees are not quite straight and that is important, especially in a championship event.

*Colin Hainsworth*

Past-President,  
South Australia Masters Association

### New Walking Rule in VMA Events

I strongly agree with your rule change: the leg in contact with the ground must be straightened at the knee at the vertically upright position.

However, it doesn't go far enough. I believe qualified judges should be able to use their discretion with older walkers who have knee straightening trouble, if those walkers approach the Chief Judge before the race starts, and advise of a knee problem.

After a similar round of complaints about disqualifications of some older walkers back in the 90's, I'm sure Vic Vets approached walk judges and they agreed to make allowances for elderly knees. What happened to that solution?

One of the saddest sights I have ever seen was at the Durban WAVA World Champs in 1997. Judges decimated a 70+ 5k Walk field, and I witnessed elderly men crying or in obvious distress all around the track.

I actually favour an Advantage Rule applied to walking. This would be similar to the removal by the IAAF some time ago, of the rule about the need to run in your own lane on bends in 200, 400 & 800 races. It doesn't matter now if you accidentally run outside of your lane on bends, as long as you don't gain an advantage in the straight, and you don't obstruct any other runner. It's seen as your disadvantage if you run extra distance.

If walkers are NOT CREEPING OR RUNNING as judged by qualified walk judges, then a bent knee is only a disadvantage because it shortens strides. It is not a reason for disqualification. Having seen people try creeping over the years at all levels, I believe our qualified judges can tell the difference between someone trying to race walk and someone not trying.

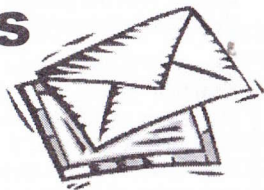
In case you're wondering if I had trouble straightening my knees when I was a walker, I had the opposite problem. I had excessive over extension ("banana legs"), which caused me much pain on long walks. I will never have to worry about any knee straightening rule.

Yours sincerely,

*Clyde Riddoch*

More letters on next page

# More Letters



## Walking Slow to Change

Past letters to News and Results describe the frustration of athletes who participate in the walk event and suffer the ravages of age upon their knee joints. It is a major concern and I fully agree with the gentlemen. Perhaps I can give a little history.

There have been moves on a number of occasions over the years that I have been involved to allow some discretion in the judging of walk technique, with the most sensible suggestion being that the walker stand erect and have a straight line drawn down the outside of the leg from above to below the knee joint. If there was a bend in the knee this line would allow for that and provided the athlete in performing the walk action managed to straighten the drawn line, then the technique was accepted. However the walking fraternity (young and old) screamed blue murder at such a suggestion, indicating that if the athlete couldn't do the event properly then they should not do it at all. I was genuinely surprised at the harshness of the judgement as I thought that they might have had some compassion for their own eventers, but that was certainly not the case.

However that is the past. You know how much effort has been put into the review of the hurdles and Wilma Perkins presented some major change proposals at the AGM. All the States accepted that the changes will be trialed and then the outcomes reviewed. If the trial proves successful it is probable that we (AMA) will proceed to seek to have the changes introduced internationally. As I said in Sydney, it takes time. We took ten years to convince the rest of the world to introduce the change in weight of the javelin for M50-59. It has taken at least 6 years to get the weight throw in as an individual event. We also see that the older women are seeking change in the weights of some of their throwing implements and that is going to be trialed. That is a common sense issue as I believe is the walk issue.

I think it just needs someone to come forward and suggest that we look at doing something to benefit our athletes, and that this could be the spur to get a group together to work on an outcome that will allow trialing to take place and eventually a judgement can be made. I do not see any reason why we could not take this matter up for the older walkers, but only on the understanding that there has to be some give as well.

If we amend the 'straight knee' rule to something else, there will have to be an acceptance that whilst the experimentation takes place there can be no records set by those participating in the trial. There would also need to be the understanding that at international competitions the IAAF rules would still apply. However for all of that I believe we should encourage the walkers to have a look at this issue.

As Victoria is hosting the nationals next year the athletes forum would seem to be the place to put this issue forward, although it may well be that a special walkers meeting may be more appropriate because I know the passions that will come forward in any such discussion. If it would help I would volunteer to chair the meeting.

Why not get something going and suggest that the walkers get active and start communicating over this? We in the Masters movement are well known for our ability to think outside the square so here is an opportunity to do so.

My best regards,

*Stan Perkins*

Past-President,  
Australian Masters Athletics

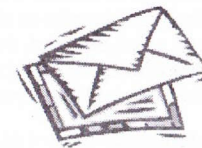
## Race walking or walking in a race?

Here in Queensland, I was given copies of the recent correspondence regarding the difficulties with race walking due to age. I do not feel there is any easy answer to this.

Race walking as distinct from ordinary walking is a highly technical event although it is not perceived in this manner by outsiders. Therefore, if there is much variation from the rules it becomes merely walking. It is relatively simple to reduce weights for the throws and heights for hurdles and still abide by the technical rules by which these events

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# More Letters



are judged. This is not so for race walking. I realise that some athletes have difficulty in straightening their knees with advancing age. Others, through hard work or sheer good luck, do not, which leads to the fierce disagreement on this subject. Unfortunately, much as we would like to think that every competitor tries to obey the rules, there will always be a few who use any laxity in judging to their advantage, when, in reality, they could walk properly if they chose. As well, what would be the criteria for allowance. Age? Apparent disability? Or would it just be a matter of the athlete saying their knees hurt or "I can't straighten my knees now I am 60"?

The other problem with varying the judging is that records could become meaningless. There are always many comments from the other competitors and spectators when they feel one walker has "cheated" and therefore beaten another more correct one. Would they then become Walking Records rather than Race Walking Records. This would become an entirely new event. If enough people are happy with this, then some criteria would have to be possible to distinguish walking from running slowly. If it is felt that no records should be kept, that would take away any reason to strive to do the best you can.

I realise that this sounds as though I cannot accept any easing of the rules. However, quite a few years ago, I was told by a senior judge that he took into account the tightening of the quads as a sign that the walker, despite a slightly bent knee, was trying to the extent of their physical capability. This seems suitable to me although I don't have the knowledge to say how accurate it is or how easy to judge.

As I have said this is not an easy question to answer and I am sure the more comments the better.

*Noela McKinven*

Secretary QRWC (61 years young)

## Records Pending

I am a Athletics Victoria registered member with Corio A.C and Victoria Masters registered member as well. At the end of our last track season in April, I set two new record times for a Geelong Centre registered athlete, at our Victoria Masters Track and Field Championships. Unfortunately my 1,500 and 5,000 metres performances were rejected by the Geelong Centre Committee. When I questioned why, on 11th October, I was told Athletics Victoria have not sanctioned the Victorian Masters Athletics Championships.

How can this be? When our VMA is a member of Athletics Victoria and affiliated with World Masters Athletics which the whole athletics world recognizes. It's disappointing and deflating to work towards and peak at a season's ending Championship only to have your detailed records application sheets tossed in the waste paper bin.

Can the Victorian Masters Athletics committee change this poor situation with Athletics Victoria as soon as possible?

Yours sincerely,

*Russell Johnson*

## Dissatisfaction with Judging

After many years membership, it is with great regret that I now resign from VMA because it no longer caters for me.

I am seventy-eight years old and can not properly straighten my knees.

As I cannot compete in other events without risking permanent, crippling injuries to my knees, walking is my sport.

Since winning the VVACI M75 track walk titles in 2001, I have been disqualified from every VVACI/VMA event that I contested, whilst during the same period I have never received even a caution from AURA, Centurion or Sri Chinmoy judges.

Judging is inconsistent, subjective and secretive and no board, listing faults, is displayed. Competitors do not know until well after the event that they have been disqualified. Secondly, this could lead to disqualification of a competitor who infringes for the third time whilst attempting to pass, or stay ahead of, a disqualified opponent

More letters on next page

## More Letters

who is still on the track, after not being withdrawn.

Whilst VMA caters for older hurdlers and throwers by using lower hurdles and lighter implements,

VMA does not cater for us older walkers, otherwise it would have adopted the British Racewalking Association rules for category B events which were published two and a half years ago (see this page).

Yours faithfully,

*Stan Miskin*

### Rudi Hochreiter

Member of First Australian Veteran's Athletic Team to Compete Overseas

A letter from Rudi Hochreiter to Colin Browne thanked him for mailing the WAA badge to him. He was very honoured to be the recipient of it. Besides that he has some news.

He was diagnosed with bowel cancer at the end of last year and had about 30 cm of his colon removed, resulting in a scar of about 30cm across his stomach. He had some nasty infection in the wound which took him some time to clear up.

The good news is that he has started training again, a month ago, to prove to himself that he was not to be handicapped by the recent illness. It was a slow process but he has since reached a reasonable standard which was - Shot 11.25m, Discus 32m, Hammer 31m and Javelin 29m. He has not taken to the running track yet but his sprints over 20 to 60m are as good as those of last year.

As one General once said "I shall return". He would love to receive a call on 5241-4108 or an email via rudihoch@iprimus.com.au.

## THE RACE WALKING ASSOCIATION

(kindly reprinted from [www.racewalkingassociation.btinternet.co.uk/News.html](http://www.racewalkingassociation.btinternet.co.uk/News.html))

Categories A & B For clarification Category A events are judged in the normal way. Category B events are judged on contact only, bent knees being disregarded. The following events must be category A: Internationals; National, Area and County Championships. For all other events, the Category is at the discretion of the promoting body. Note that regardless of the Category the mechanics of dealing with disqualifications are the same, with (provided that three or more judges are operating) cautions, a board and disqualification after three cards.



## It HAS caught up with me!

After being editor of the National Masters magazine for a number of years before funding was pulled out, I put my hand up to help Col Browne on the Victorian equivalent. I didn't want to change anything but I thought that I could help Colin, who has been at the leading edge for many years, with what expertise I had in desktop publishing. Somehow I got left with the baby but it has been enjoyable and good to meet so many people.

I took on a university course at the ripe age of half a century, eight months ago, while juggling a full time job. Unfortunately for those who grew into a job by using common sense, experience and talent in the 1970s, the minimum requirement these days is, at least, some sort of tertiary education. I have to keep up with the modern bells and whistles, and give the impression to the younger ones that I know something. That will allow me to work for the next 15 years and retire to a life of leisure, grand-kids and Tuesday golf!

But it has all caught up with me and there are definite peaks when I can't satisfy everyone. In the past, my work has suffered. They pay the dollars so I'm a bit worried that I'll be looking for a lawn-moving business if I push it. So I'm giving up the editorship and the desktop stuff.

This creates a fairly exciting opening for those who want to pursue writing a book or a family history and are wondering what all this computer stuff is about. This is the place to learn not going to those clunky U3A courses.

The magazine involves the collection of letters, results and other articles from email or, at the worst, via the postal service. Then you type, format and publish the magazine. I'll show you how to do it. Pretty easy; like doing a crossword but using photos and paragraphs.

A quite evening once or twice a week will get you there. Call me on 9876-4367 or, while I'm running around, 0418-103-256, and we'll have a chat about it.

*Russ Haines*

## THE STRAIGHTENED LEG

### The Intent of the Rules and Use of Biomechanics to Make "Bent-knee" Calls in Race Walking

By Gary Westerfield

(Reprinted from USATF National Race Walker, Nov 2002, publication of the USATF National Race Walking Committee)

Prior to 1995 there were more infractions for illegal walking due to loss of contact than for not straightening the advancing leg. Judges who made an abundance of calls for failure to straighten were considered out of line and were criticized and even sanctioned. Now, more calls are made for "bent knees" than in the past. On the international level the ratio of "loss of contact" to "bent knee" calls according to former IAAF race walk committee chairman Bob Bowman, has changed from 2.5 to 1 to 1.6 to 1 for the 20km and from approximately 1 to 1 to 0.5 to 1 in the 50km. In the extreme, one experienced judge at the 2001 Pan Am Cup gave nothing but bent knee calls. Domestically I have witnessed many more "bent knee" calls than in the past. Athletes who appear to be efficient and appear to be race walking get disqualified. Why? There are essentially two reasons.

The first is a matter of the meaning and intent of the words chosen to write the definition of race walking. The definition was amended in 1995 to satisfy those who wanted to drop the contact rule while preventing running-like movements by race walkers. IAAF rule 230.1 is copied for your reference:

***Race Walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.***

Why was "shall be straightened" chosen over "shall be straight"? (Note' straightened was carried over from the pre-1995 definition.) Mr. Bowman recently wrote, in response to an earlier draft of this paper, that "straightened" was chosen "in order not to encourage analogies with stick figures. In other words, human legs are not sticks." I have argued that "shall be straightened," prescribes motion, and that "shall be straight" does not. Bob goes on to state that the word straightened is defined in the parenthetical inclusion "not bent at the knee," "'Not bent' means straight." Canadian coach and linguist Roger Burrows responded to my draft that "straightened" and "straight" mean essentially the same thing. However, when judges look for "not bent" their minds think "straight." Here is the problem. Many, including Spanish-speaking judges, use the static parameter "straight" to pick out instances of infraction. In fact, the Spanish rulebook (secondary to the English rulebook—IAAF rule 9) uses the word "straight (rectar)" instead of "straightened (enderezada)" in the definition. Guess what their judging manual uses- rigid stick figures with straight or bent legs.

My eyes, corrected to 20/20 vision, and my brain, giving me normal intelligence have real difficulty stopping the action of walkers at precise moments. It cannot reduce moving bodies to stick figures. Accordingly, I have always judged race walkers while in motion, as a process. How can human legs ever be straight? Knobby-kneed, bow-legged, and

## THE STRAIGHTENED LEG (Cont.)

walkers with pleasant to look at muscles and/or curves are at a distinct disadvantage when being judged using "straight" as a reference. I have often times asked my judging colleagues what they saw when they made bent leg calls. Invariably they said, "I didn't see the leg straight on contact." Remove the word straight from their explanation and substitute the word straighten, and we can begin to correct the problem.

The second reason for so many "bent leg" calls is essentially that many judges do not know the process, the mechanics, of how the leg is straightened at the knee. Since the straightened leg clause of the definition is there to prohibit running, I would propose that judges need to look at what runners do with their advancing leg and then say, "race walkers may not do that." First, a runner rarely straightens at the knee. And they do not lock the knee on or after contact. The knee bends with body weight at contact. Runners rely on large eccentric contractions of muscles in the leg to keep the knee from further bending. The most visible of the eccentric contractions is that of the quadriceps group at the front of the thigh. This contraction is very visible from the side. A legal race walker, when in contact with the ground does not demonstrate eccentric contraction of the quadriceps, on the other hand, the knee is locked to stabilize the leg. What is the process of extension (straightening)? At the end of advancing leg flexion (forward swing), a concentric contraction of the quadriceps occurs to initiate extension of the knee. The quadriceps then shuts off and relaxes at contact.

With contact the knee locks intrinsically, preventing flexion. This process is evidenced by a slight outward rotation of the tibia, a "screw home" between the tibia and meniscus, and a tightening of the ligaments of the knee. Keep in mind that stabilization of the knee is not instantaneous. It begins at the moment of first contact and is completed shortly afterwards. When body weight is felt, many walkers go beyond 180-degrees-straight as they hyperextend. During the extension (straightening) maneuver and while in contact with the ground, the quadriceps remains shut off. Compared to running mechanics, the difference is obvious. What matters here is that this process does not make the leg "straight" at contact, rather that it becomes straightened at contact, becoming completely so and even beyond straightened after contact. This does not mean that walkers may flex their legs (bend) at contact. The initial concentric contraction of the quadriceps (felt at the top of the thigh) must occur before contact. If not, there will be insufficient pull on the patella. The knee will not lock, and the knee joint will flex like a runner.

In summary, how can spurious bent-knee calls in race walking be reduced? Judges must have an understanding of the intent of the definition as written in English. To accomplish this there should be one definition of race walking, using unambiguous biomechanical terms descriptive of joint movement. Judges should look at the advancing leg as part of a flowing action, not as disconnected instances illustrated by stick figures. Most importantly, judges must compare race walking to running when making calls. If so, and most importantly for the continuation of our discipline within athletics, some of the amazement of non-race walkers as well of those who have spent many years in the sport will be reduced, and our discipline will have more credibility in the athletic movement.

# VMA 25km Road Race

Sunday 14th September, Maribyrnong River

## Colin Browne

from Footscray Boat House along two sides of the Maribyrnong River in cold, windy conditions. However it didn't rain and the sun came out for a minute or two. We saw a grand new development along the way as they have sculpted a new lake, marina and wetlands where there used to be munitions wastelands.

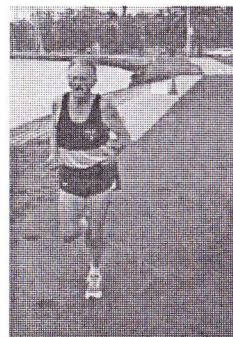
Charles Copland of Maribyrnong streeted the field, whilst Jenny Alexander was the best of the women.



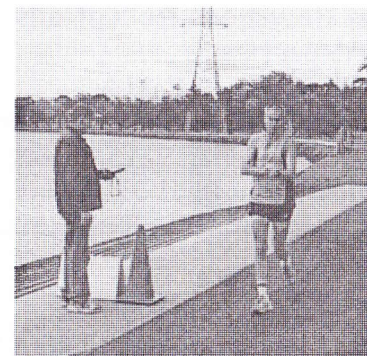
Trying to keep warm while waiting for the starter's gun



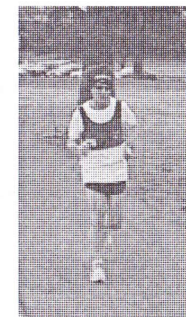
# VMA 25km Road Race



Bob Lewis



Charles Copland, fastest time



John Daniel

### M40

- inv Charles Copland 1:41:06
- 1 Alan Killeen 2:15:17
- 2 David Dodson 2:17:26

### M45

- 1 Rod Neal 1:55:13
- 2 Andrew Tunne 1:58:43

### M50

- 1 Ernie Stewart 1:42:15
- 2 Andrew Edwards 1:46:29
- 3 John Daniel 1:53:49
- inv Peter Link 1:59:13

### M55

- 1 Jeff Walker 1:43:23
- 2 Saul Bakaitis 1:51:34
- 3 John Bell 1:59:38
- 4 Rob Waters 2:13:12

- 5 John Dean 2:22:29
- inv David Henby 2:27:35
- 6 Bryan Kelly 2:38:03

### M60

- 1 Juan Perez 2:02:40
- 2 Frank Furlan 2:13:17
- 3 Al Willey 2:18:53
- 4 Stephen Barker 2:20:42

### M65

- 1 Brian Lynch 2:18:26
- 2 Mark Benjamin 2:33:44
- 3 Kevin Browne 2:36:46

### M70

- 1 Tom Davidson 2:16:00
- 2 Bill Page 2:17:00
- 3 Colin Silcock 2:40:07
- 4 Jack Gubbins 2:40:23

### M75

- 1 Bob Lewis 2:09:44
- 2 John Kemp 2:35:34

### M80

- 1 Ken Matchett 2:55:20

### W40

- 1 Maria Davis 2:50:31

### W45

- 1 Jenny Alexander 1:59:35
- inv Cherie Baldwin 2:23:11

### W50

- 1 Jane Sturzaker 2:38:03

### W55

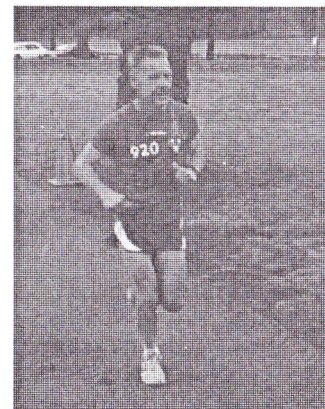
- 1 Merilyn Kelly 2:19:36

### W60

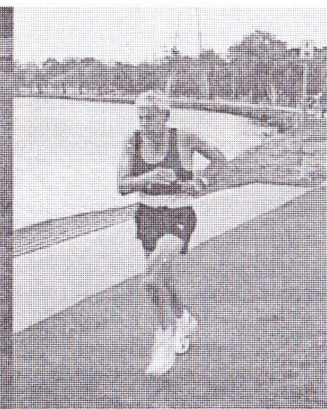
- 1 Helen Myall 2:36:34

### W65

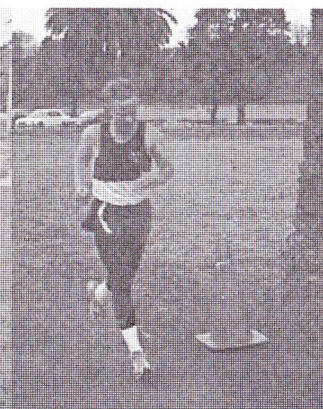
- 1 Judy Wines 2:40:48



Saul Bakaitis



Jeff Walker



Rod Neal

## Annual Dinner Dance

at Hawthorn Receptions

**Cost:** \$45 per head  
**Drinks:** BYO or buy at the bar  
 3 Course meal with drinks and savouries on arrival  
**Contact:** David Sheehan 9215 6456 or 9754 4405  
 Judy Wines 9561 7224

### AMAI AGM

The new Board is:-

Lynne Schickert	President	Wilma Perkins	Vice President
Brian Foley	Secretary	Peter Dunham	Treasurer
Alice Scott	Director	Hazel MacDonnell	Director
Colin Browne	Director	Bob Banens	Director
Judy Cooper	Director	Graeme Rose	Director

Congratulations to Graeme on being accepted to the Australian National body's Board. He has done a lot of great things for VMA, the Thrower's group and setting up our annual Championships, and I'm sure that his dedication and hard-work ethic will make him a valuable contributor to AMA.

### Entry Booklet for WMA World Championships Indoors 2004

The Entry Booklet for our Inaugural World Masters Championships Indoors in Sindelfingen, GER, the next year is now printed and distributed to all WMA Affiliates. Important information about the Championships is also to be found on the LOC website [www.sindelfingen2004.de](http://www.sindelfingen2004.de)

### World Double Decathlon and Double Heptathlon Championships

Try this! These championships were held in St Polten, Austria on 4/5th October 2003 and include age-graded titles. A number of British athletes competed, with a couple setting British and World records. Have a look at their performances:-

Details of Brian Slaughter's World M45 record of 12,216 points were:

Day 1: 100m 12.89 (w-2.11); LJ 5.67m (w+1.76); 200mH 29.82 (w-2.97); SP 10.46m; 5000m 19:49.90; 800m 2:21.83; HJ 1.53m; 400m 59.16; HT 27.13m; 3000mS/c 12:12.87  
 Day 2: 110mH 18.50 (w+1.11); DT 33.45m; 200m 25.87 (w+1.5); PV 2.65m; 3000m 11:33.98; 400mH 66.26; JT 41.37m; 1500m 5:16.20; TJ 10.70m; 10000m 47:15.11

Di Farmer's British W40 best of 5,045 points included:

Day 1: 100mH 21.39 (w-1.71, pb); HJ 0.98m; 1500m 5:58.88; 400mH 91.22; SP 5.18m; 200m 31.36 (w-3.66)  
 Day 2: 100m 14.99 (w+1.83, pb); LJ 3.84m (w+1.35, pb); 400m 73.40; JT 9.34m; 800m 3:00.09; 200mH 43.56 (w-2.67, pb); DT 11.94m; 3000m 13:10.99

## Hearing Not What It Use To Be?

Turning the television higher than others prefer or not being able to hear speech well in background noise are often indicators that hearing has changed. Because a hearing loss almost always comes gradually over time, it is easy to ignore, until it becomes a social hindrance or liability.

A common comment from someone with an acquired hearing loss is, "I can hear – I just can't understand." The truth is, most hard of hearing people hear part of what is said, but struggle with other parts. They usually perceive low frequency sounds well, like trains or trucks, but have trouble hearing high frequency sounds like birds chirping or a kettle whistling. With speech, the lower frequency vowel sounds are usually perceived well, while the higher frequency consonant sounds are not, and this can result in words being confused with others. For example, *last* can be perceived as *lamb*, or *with* can be perceived as *whim*.

Most people who question their hearing are grateful to learn what their hearing is like. A quick hearing check can determine if there is a problem, and if there is, whether or not it can be effectively addressed with a hearing aid. Often a very mild hearing loss does not warrant the fitting of a hearing aid. For those who would benefit from a hearing aid, it is nice to know that hearing aids are not what they used to be. Most aids are small and relatively inconspicuous, and use digital amplification, which is more selective in sound production, and more comfortable to wear in noisy places, compared with hearing aids of the past.

Carolyn Sigmont and Lesley Langdon, from **Quality Hearing** have over 50 years combined audiological experience, are well acquainted with the latest hearing aid technology, and will be happy to discuss your concerns and hearing needs. All Australian pensioners, including veterans with suitable eligibility, are entitled to hearing services, and this includes hearing aids, under the Government's Hearing Services Program. Private clients are also catered for.

To arrange a free, no obligation hearing check, contact Carolyn or Lesley. **Quality Hearing** is located in Hamilton Place, off Stephenson's Road, near the entrance to the Mt Waverley Train Station.

## Quality Hearing

### Sigmont & Langdon

Suite 2, 6-8 Hamilton Place  
 Mount Waverley 3149  
 Tel: 9830 8511

For all your hearing needs

Accredited for:-

Pensioners  
 Eligible veterans  
 Private clients

Local and friendly service

Latest in digital hearing aid technology

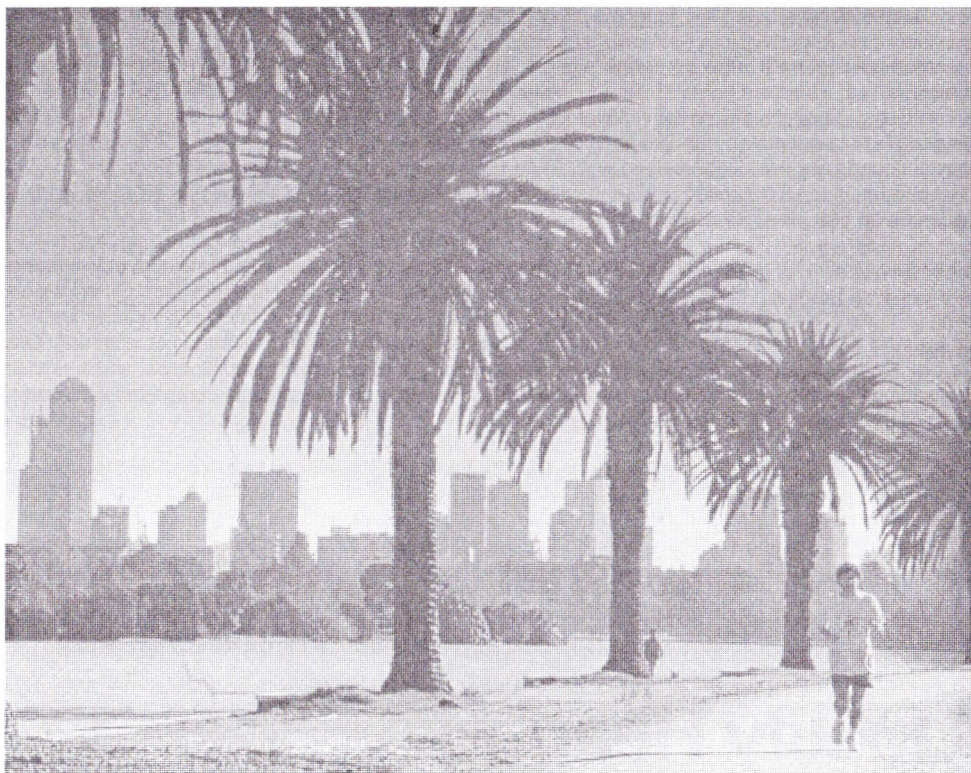
Free hearing check



## TELSTRA AUSTRALIAN MASTERS T &amp; F CHAMPIONSHIPS

April 9<sup>th</sup> to 12<sup>th</sup>, 2004, Melbourne

hosted by VICTORIAN MASTERS ATHLETICS



## PROGRAM SCHEDULE

Fri 9th April	Sat 10th April	Sun 11th April	Mon 12th April
800m	100m	200m	400m finals
10000m	1500m	5000m	10/20km Road walks
Sprint hurdles	Long hurdles	400m heats	8km Cross country
Long jump	Steeplechase	100m h'cap	Pentathlon
Pole vault	5km track walk	4 X 100m relays	4 X 400m relays
Shot put	High jump	Triple jump	Weight throw
Javelin	Discus	Weight pentathlon	Throws h'cap
Hammer	Hammer	Official Dinner	
Coaches Forum	Athletes Forum		

## VENUES

Track and field	Olympic Park, Swan Street Melbourne	Melway 2G C9
Road walks	Albert Park, near Middle Park Station	Melway 2K F10
Cross country	Yarra Bend Park, assemble at George Knott Track	Melway 30 G12
Athletes Forum	Olympic Park, Swan Street Melbourne	Melway 2G C9
Coaches Forum	Olympic Park, Swan Street Melbourne	Melway 2G C9
Dinner and awards	Richmond Football Club Social Club	Melway 2G F8

TELSTRA AUSTRALIAN MASTERS  
Track and Field CHAMPIONSHIPS

## ENTRIES

Closing date on Friday 5th March 2004, late entries \$10 per event at the discretion of the Registrar

Mail entries to: PO Box 4237, BURWOOD EAST VIC 3151

Enquiries: John Gosbell (03)9808 4641 e-mail: jgosbell@melbpc.org.au

## MERCHANDISE

Polo shirts @ \$25 Tee shirts @ \$20

## CALL FOR OFFICIALS

Your assistance as an official would be appreciated. Please indicate your availability on the entry form.

## ACCOMMODATION

It is anticipated that visitors will organise their own accommodation. In an effort to make these arrangements easier, the following suggestions are made:

*AA supported Hotel Accommodation:*

Hotel Ibis. 15 Therry Street (Melway 2B C12 ) near Victoria Market, offers athletes much cheaper rates. Phone 03 9666 0000 e-mail reservations@ibismelbourne.com.au

*University Colleges:*

Three university colleges will take residents but only if one person will act as group leader and do all the negotiations, collect the moneys, pay one invoice. Contact Colin Browne 03 9874 2501 for details.

## GENERAL CONDITIONS

*Competition Rules*

Competition will be conducted under IAAF, WAMA and AMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

*Age Groups*

Competition will be conducted in the following five-year age groups for men and women: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+.

In accordance with WAMA rules, competitors may only compete in the age group for which they qualify on the first day of the championships, which in this case will be 9th April 2004.

*Entry Rules*

Financial members of the clubs affiliated with Australian Masters Athletics are eligible to compete in this competition. State uniform is to be worn. Athletes registered with overseas Veterans or Masters athletics clubs can compete on an invitational basis. For this championship, non-registered athletes are also eligible to compete by taking out a temporary membership with Victorian Masters Athletics. Refer to details on the entry form.

*Awards*

The first three competitors in each event will receive medals. Overseas entrants who finish in the first three places will receive the appropriate medal, but will not displace eligible competitors.



## Telstra Australian Masters Track and Field Champs

### GENERAL CONDITIONS (Cont.)

#### Confirmation of Entry

All entrants will receive confirmation of their entry and events entered.

Full details of the program schedule will be in the Program of Events book that is supplied to all entrants and will be available for collection from Room 2, Olympic Park, Swan Street end, from 12 noon on Thursday 8th April 2004. Directions to Olympic Park will be included with the confirmation letter.

#### Results

A results booklet will be posted to all entrants.

#### Parking

The track is within walking distance of the city. Trams pass the door. Entrants and officials are advised that parking in the vicinity of Olympic may be difficult. There is a parking area adjacent to Olympic Park which charges about \$8 per day.

#### Privacy Statement

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

#### Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter in the Telstra Australian Masters Athletics Championships 2004. I absolutely relieve Victorian Masters Athletics Inc. and Australian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in these events.

Print Name: ..... Signed: ..... Date .....

Yes, I can assist as an official when not competing. Day/Time ..... Events .....

#### Personal Details

Family Name ..... Call Name .....

Address .....

Suburb..... State ..... Country .....

Postcode ..... Registered with ..... State Masters/Veterans Club\*

Sex (M/F) ..... Date of Birth ...../...../..... Contact phone .....

E-mail ..... Emergency contact number .....

## Telstra Australian Masters Track and Field Championships ENTRY FORM

Cross	Event	Performance
	100 metres	_____
	200 metres	_____
	400 metres	_____
	800 metres	_____
	1500 metres	_____
	5000 metres	_____
	10000 metres	_____
	80 metre hurdles	_____
	100 metre hurdles	_____
	110 metre hurdles	_____
	300 metre hurdles	_____
	400 metre hurdles	_____
	2000m steeplechase	_____
	3000m steeplechase	_____

Cross	Event	Performance
	5000m track walk	_____
	10 km road walk	_____
	20 km road walk	_____
	8 km cross country	_____
	Long jump	_____
	Triple jump	_____
	High jump	_____
	Pole vault	_____
	Shot put	_____
	Discus throw	_____
	Javelin throw	_____
	Hammer throw	_____
	Weight throw	_____
	Pentathlon	_____
	Weight pentathlon	_____

### Payment Details

1	VMA administration fee	_____	\$20
2	AMA administration fee	_____	\$20
3	Temporary VMA membership fee* @ \$10 (Only for athletes not registered with a State club)	_____	
4	Event fees: No. of individual events _____ @ \$7 each No. of multi events _____ @ \$12 each	_____	
5	Dinner and AMA Awards Number for dinner _____ @ \$45 each	_____	
6	Merchandise order (High performance Coolmesh fabric, generous cut. Circle size) Polo shirt @ \$25 S M L XL XXL _____ T-shirt @ \$20 S M L XL XXL _____	_____	
<b>Total</b>			_____

### Temporary Membership

\*Non-registered are eligible to compete by taking out temporary membership with VMA.

### Payment

Payment can be by cheque, money order or credit card (complete details below). Make cheques payable to VMA.

### Privacy Statement

I acknowledge that I have read the privacy statement listed under general conditions and agree to the conditions stated.

**Credit Card Payment** Telstra Australian Masters Athletics Championships VMA ABN 23855760576

Please tick card type	Bankcard	Mastercard	Visa
Card number	. . .   . . .   . . .   . . .	Expiry Date	___/___ Amount
Name on Card	Signature		

# VMA Walks Championships

Saturday 6 September 2003

Report by Heather Carr

## Women

Brenda Riley sliced almost a minute off her Australian W60 10K Roadwalk of 56.26. Her time of 55.28 took 30 seconds off the existing World W60 record of 55.58. This brilliant display of consistent, strong walking justified Brenda's innumerable hours of hard, often monotonous training. Brenda's magnificent effort saw her first over the line, leaving younger competitors in her wake.

There were many good performances on the day, with sixteen women participating. There was a close contest in the W40 between Annette Major and Mandy Emmett, and in W50

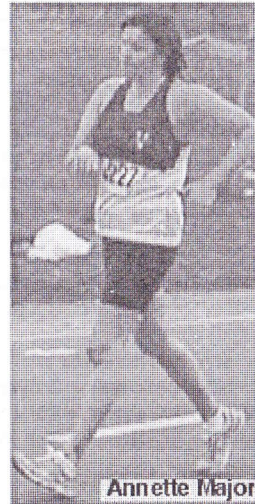


Start of the race



Sylvia Machin Brenda Riley

Alison Thompson walked her season's P.B., with Heather Carr, Janet Holmes and Christine Griffiths walking well. W55 saw Ann Holcombe walk a strong time for her first ever 10K walk, followed by Celia Johnson taking home silver.



Annette Major

Brenda Riley proved too powerful for Sylvia Machin, who is walking strongly, and Heidi Engel was thrilled to receive a bronze medal, demonstrating that perseverance will ultimately prove victorious. Marlaine Stanway convincingly took gold in W65, whilst a tussle ensued between Margaret Beaumont and Shirley Coppock for the silver and bronze medals. W70 Tina Baarslag-Leb and W75 Jean Knox walked well for gold in their respective age groups. All in all a very successful 10K Championship.

## Results

W40	1	Annette Major	57.52	W60	1	Brenda Riley	55.28 WR/AR
	2	Mandy Emmett	58.06		2	Sylvia Machin	63.00
W50	1	Heather Carr	56.11		3	Heidi Engel	90.30
	2	Alison Thompson	56.55	W65	1	Marlaine Stanway	66.00
	3	Janet Holmes	60.39		2	Margaret Beaumont	77.11
	4	Christine Griffiths	88.55		3	Shirley Coppock	77.50
W55	1	Ann Holcombe	58.50	W70	1	Tina Baarslag-Leb	78.12
	2	Celia Johnson	66.16	W75	1	Jean Knox	77.11

# VMA Walks Championships (Cont.)

## Men

Eight younger men experienced the challenge of a 20K race, whilst three men 70+ faced the 10K distance. There were some excellent achievements. Colin Heywood finished first over the line with a P.B. of 1.40.50 to win the M45 division as well as being outright winner. Colin's sustained effort took him over the line well ahead of second place getter, John Bunker, who walked consistently on the day.

The improving Alan Lucas was first in M55, and the indomitable Murray, alias Muzza, Dickinson finished first in M65. Good performances from Ian Cassell, Ron Bilston and Geoff Major completed a successful 20K walk.

In the 10k distance, Colin Silcock-Delaney, returning from illness, proved that stoicism won the day. Colin's time of 69.22 gave him gold in M70. Gordon Gourlay was in hot pursuit in a time of 69.50. Good efforts all around.

Many thanks to the Victorian Race Walkers Club for their support for Masters Walkers. We are indeed fortunate to have use of the clubrooms and facilities at Albert Park as well as the Middle Park Bowling Club rooms for presentations.

Judges Michael Bodey, David Cash, Gordon Loughnan, Lloyd Nicholls and Peter Vysma are to be thanked for their time and patience. Ron Bilston made sure the officials were thanked as they were out on the course for an extended time in cold and bleak conditions.



Alan Lucas, new VMA Secretary



Ron Bilston

Thanks also to Bill Carr, Les Clark (last minute inclusion- thanks Les!) Tim Erickson and Lou Mirachi for devoting their precious Saturday afternoon and their skills in time keeping and recording.

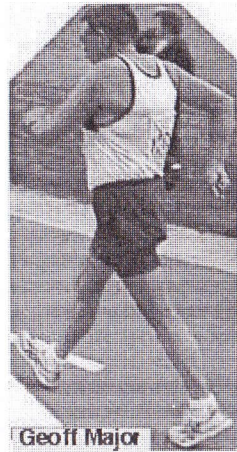
Masters Walkers do appreciate the people who give their time to assist. Some of these people include Ron Miller, who takes entries. Mark Donahoo, an experienced race walker and coach, is always willing to impart knowledge and information. During the season, Mark prepares regular seminars to advise walkers of ways they can improve technique, become better and faster walkers, shows ways of improving diet etc.

Ray Smith is an experienced walker and judge, who regularly videos races and will examine individuals techniques and give helpful tips and encouragement to walkers who experience difficulties with their style. Race walking is a learned skill that often takes years to perfect and is not necessarily mastered overnight or even in one season! The VRWC supports all people of all ages and abilities, and I thank the club for their support and continuing endorsement.

## VMA Walks Championships (Cont.)

### Results

M45	1	Colin Heywood	1.40.55
		Ross Reid	DNF
M50	1	John Bunker	1.55.05
	2	Ian Cassell	2.13.19
M55	1	Alan Lucas	1.56.59
	2	Ron Bilston	2.28.01
M65	1	Murray Dickinson	1.56.25
	2	Geoff Major	2.09.43
M70	1	Colin Silcock-Delaney	69.22
	2	Gordon Gourlay	69.50
M75	DQ	Stan Miskin	74.36



Geoff Major

(Photos taken by Ray Smith except the Alan Lucas photo by Tim Erickson)



The World Masters Athletics Non-Stadia Championships are just six months away. Closing date is 29<sup>th</sup> February 2004. It is the most complete and interesting entry I have ever seen - of any championship - get a copy from Colin Browne now.

## Masters Athletics Hurdle Trial Specifications

To Be Conducted Over The 2003/2004 Season

State Delegates at the AMA AGM voted in favour of trialing new hurdle specifications over the coming 2003/2004 season. Each State has been asked to provide regular competition over these specifications so as to give new and experienced hurdlers an opportunity to participate over these specifications.

State delegates voted in favour of adding a non-championship hurdles event over these specifications at the Melbourne Nationals for feedback purposes. The WMA approved hurdles will still be conducted at the Nationals.

	Distance	Height	First	Between	Finish	No.	Markings
<b>Women</b>							
30-39	100m	.840m	13.0m	8.5m	10.5m	10	Yellow
40-44	90m	.762m	13.0m	8.0m	13.0m	9	White
45-49	90m	.762m	13.0m	7.5m	17.0m	9	Nil
50-59	80m	.686m	12.0m	7.0m	19.0m	8	Black
60-69	80m	.600m	12.0m	7.0m	19.0m	8	Black
70+	60m	.600m	13.0m	7.0m	12.0m	6	Black
30-44	400m	.762m	45.0m	35.0m	40.0m	10	Green
45-49	300m	.762m	50.0m	35.0m	40.0m	7	Green
50-59	300m	.686m	50.0m	35.0m	40.0m	7	Green
60-64	300m	.600m	50.0m	35.0m	40.0m	7	Green
65+	200m	.600m	20.0m	35.0m	40.0m	5	Green
<b>Men</b>							
30-39	110m	.991m	13.72m	9.14m	14.02m	10	Blue
40-54	100m	.914m	13.0m	8.50m	10.5m	10	Yellow
55-59	90m	.840m	13.0m	8.0m	13.0m	9	White
60-64	90m	.840m	13.0m	7.5m	17.0m	9	Nil
65-74	80m	.762m	12.0m	7.0m	19.0m	8	Black
75+	60m	.686m	13.0m	7.0m	12.0m	6	Black
30-49	400m	.914m	45.0m	35.0m	40.0m	10	Green
50-54	400m	.840m	45.0m	35.0m	40.0m	10	Green
55-59	300m	.840m	50.0m	35.0m	40.0m	7	Green
60-69	300m	.762m	50.0m	35.0m	40.0m	7	Green
70-74	300m	.686m	50.0m	35.0m	40.0m	7	Green
75+	200m	.686m	20.0m	35.0m	40.0m	5	Green

## Membership Database

We currently have ours on DBASE/Excel and now it is time to progress to a nice GUI presentation screen, maybe SQL server or MS Access, with internet update capabilities. If you know what I'm talking about, see Colin Browne, otherwise read on!



## The Friendly Games

16<sup>th</sup> - 23<sup>rd</sup> October 2004

The Alice Springs Masters Games are a fabulous biennial event that is held every two years with thousands of mature aged people, who take part in more than 30 sports. The Games have earned a reputation as being Australia's friendliest masters competition.

**Alice Springs Masters Games Office Hotline 1800-658-951**

**Address** PO Box 1095, ALICE SPRINGS NT 0871 **Fax** (08) 8951-6430

**Website** www.alicespringmasters.nt.gov.au

## 2004 Pan Pacific Masters Games

The will be held from 6-14<sup>th</sup> November 2004 at Griffith University Athletics Track on Queensland's Gold Coast. It will cater for all track and field events including cross country. The age groups start from 30 years old.

**Address** PO Box 2547, Southport BC, Queensland, 4215 **Website** www.mastersgames.com.au

**Email** info@mastersgames.com.au **Phone** +61 7 5564 8733 **Fax** +61 7 5564 9733 **Office Hours** 8.30am - 5pm EST

## Petrina Pinches the Prize

Former Doncaster venue member Petrina Trowbridge has been battling the painful foot ailment plantar fasciitis for the past 12 months, but it hasn't stopped her taking one of Victoria's most prestigious awards. Petrina recently took Athletics Victoria's Over 50 award at the end of the Cross Country and Road season, scoring narrowly from Colleen Stephens after a battle throughout the season.

Actually Colleen beat Petrina in the final event, the Half-Marathon at Richmond, but with the rule that competitors count the points from only five of their six runs, Petrina scraped in. The level of the competition can be gauged from the fact that Petrina, now 56, still holds the Victorian half-marathon records for the W35 and W40 age groups, plus the marathon record for W35, while Colleen holds the marathon record for W45.

*From Doncaster Newsletter, October 2003*

## The 2004 Landy Trophy

Negotiations are under way for additional sponsorship for the 2004 edition of The Landy Trophy, scheduled for February 16. We have various plans which will be implemented depending on finance. One thing you can bet on, though. This time entries will be taken strictly on a 'first in' basis and there will be **no late entries**.

*Richard Trembath, from Doncaster Newsletter, October 2003*

## VICTORIAN RANKING LIST 2003

Rankings taken from 1st January to 12th October, compiled by Paul Jenes AV Statistician. Those athletes who were overage (30+) at the time of the performance, includes their relative position in the open rankings, performance, name, AV club and date of birth. These rankings were derived from AV or AA sanctioned events, not VMA nor AMA competitions.

### MEN

800 METRES				
6	1.52.15	Steve Ellinghaus	Doncaster	100669
8	1.52.88	Justin Rinaldi	St.Kevins	200672
9	1.52.90	James McEniry	Waverley	170870
10	1.53.10	Robert McCubbin	Keilor St.B	080363
1,500 METRES				
10	3.49.5	Louis Rowan	St.Josephs	020470
5,000 METRES				
8	14.13.2	Nigel Adkin	Doncaster	020272
HALF MARATHON				
2	1:05.00	Rod De Highden	Doncaster	150169
3	1:05.10	Magnus Michelsson	Collingwood	040968
4	1:05.44	Lee Troop	Chilwell	220373
MARATHON				
2	2:10.22	Nick Harrison	Glenhantly	181070
3	2:13.59	Magnus Michelsson	Collingwood	040968
5	2:14.40	Rod De Highden	Doncaster	150169
7	2:17.14	Steve Moneghetti	Ballt YCW	260962
110 METRES HURDLES				
1	13.67	Kyle Vander-Kuyp	Ringwood	300571
400 METRES HURDLES				
6	52.61	Rohan Robinson	Glenhantly	151171
3,000 METRES STEEPLECHASE				
3	9.09.45	Andrew Leach	Old H'bury	010472
5	9.18.5	Andrew Scott	Old H'bury	310373
3,000 METRES WALK				
2	12.27.0	Paul Van Kopplen	Ringwood	250467
3	12.38.6	Frank Bertei	N'wading	190366
6	12.50.2	Paul Kennedy	MUAC	030457
5,000 METRES WALK				
4	21.29.18	Paul Van Kopplen	Ringwood	250467
6	21.37.22	Frank Bertei	N'wading	190366
20KM WALK				
3	1:33.25	Frank Bertei	N'wading	190366
5	1:40.55	Colin Heywood		
7	1:45.34	Mark Donahoo	Collingwood	270558
8	1:45.57	Andrew Jamieson	Old Scotch	130646
30KM WALK				
1	2:23.12	Duane Cousins	Bendigo	130773
2	2:27.21	Frank Bertei	N'wading	190366
4	2:35.31	Andrew Jamieson	Old Scotch	130646
5	2:44.21	Mark Donahoo	Collingwood	270558
LONG JUMP				
5	7.10	Leigh Stuart	Ringwood	020171
TRIPLE JUMP				
1	15.18	Leigh Stuart	Ringwood	020171
7	13.89	Craig Furber	Old H'bury	141272
SHOT PUT				
7	14.62	Russell Short	Glenhantly	070569
DISCUS THROW				
8	46.38	Y Amerasekera	Waverley	290972
10	43.29	Russell Short	Glenhantly	070569

### JAVELIN THROW

2	62.55	Nick Baltas	Essendon	200270
3	61.62	Andrew Ratawa	Deakin	20672
7	56.53	Craig Furber	Old H'bury	141272

### DECATHLON

1	6,145	Nick Foley	Essendon	190669
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### WOMEN

100 METRES				
6	12.08	Suzanne Broadrick	Essendon	241068
1,500 METRES				
10	4.28.2	Sonia O'Sullivan	Glenhantly	281169
5,000 METRES				
5	16.27.59	Susan Michelsson	Collingwood	290272
10,000 METRES				
3	34.02.66	Susan Michelsson	Collingwood	290272
HALF MARATHON				
4	1:18.15	K Harris-Smythe	Glenhantly	220972
7	1:21.28	Anne Lord	Ringwood	160461
8	1:23.17	Sue Clark	PRR	271161
MARATHON				
1	2:41.51	Sherryn Rhodes		101268
2	2:45.32	K Harris-Smythe	Glenhantly	220972
6	3:09.05	S Timmer-Arends	Traralgon	061063
7	3:10.07	Lisa Searle	MUAC	220267
100 METRES HURDLES				
2	14.40 +1.1	Kym Burns	Essendon	25027
3,000 METRES STEEPLECHASE				
7	12.03.6	Louise Fairfax	MUAC	030351
3,000 METRES WALK				
mixed race				
3	13.39.1	Wendy Muldoon	Box Hill	270571
4	13.43.2	Kylie Bonney	Knox	061171
5,000 METRES WALK				
3	24.34.19	Kylie Bonney	Knox	061171
mixed race				
1	23.38.5	Wendy Muldoon	Box Hill	270571
10KM.WALK - ROAD				
3	52.27.0	Kylie Bonney	Knox	061171
POLE VAULT				
8	3.40	Dawn Hartigan	D. Valley	131156
LONG JUMP				
4	6.00	Kym Burns	Essendon	250271
SHOT PUT				
8	11.46	Amanda Constable	Sandringham	310371
DISCUS THROW				
8	37.91	Chris Schultz	Doncaster	090151
HAMMER THROW				
3	49.10	Anni Hansen	Old Melb	201170

## Shin Splints

### The Overuse Injury

Now with summer coming up, many of our athletes are looking to speed and hill work, both runners and walkers. Unfortunately, too much too soon can lead to nasty shin splits which, sometimes, is hard to shake. The following are some advice from the British Veterans.

#### What is it?

Shin splints is the name given to pain at the front of the lower leg. The most common cause is inflammation of the periosteum of the tibia (sheath surrounding the bone). The injury is an overuse injury and can be caused by running on hard surfaces, running on tip toes and sports where a lot of jumping is involved. If you over pronate then you are also more susceptible to this injury.

#### Symptoms

Tenderness over the inside of the shin.

Lower leg pain.

Sometimes some swelling.

Lumps and bumps over the bone.

Pain when the toes or foot are bent downwards.

A redness over the inside of the shin

#### What can the athlete do about it?

Rest. The sooner you rest the sooner it will heal. Apply ice in the early stages when it is very painful. Wear shock absorbing insoles in shoes. Maintain fitness with other non weight bearing exercises. Apply heat and use a heat retainer after the initial acute stage, particularly before training. See a sports injury specialist who can advise on treatment and rehabilitation.

#### What can a sports injury specialist or doctor do?

Prescribe anti-inflammatory medication e.g. ibuprofen. (Always consult a doctor before taking medication). Tape the ankle for support. - A taping worn all day will allow the shin to rest properly. Analyse running style for over pronation. Use sports massage techniques on the posterior deep muscle compartment but avoid the inflamed periosteum.

#### The future?

Anti inflammatory drugs along with rest and ice can help reduce inflammation, particularly in the early stages. However if the underlying causes such as tight muscles are not treated through stretching and sports massage techniques then the likelihood of the injury returning is higher.

## NEW VICTORIAN, AUSTRALIAN and PENDING WORLD RECORDS

Age	Event	Name	State	Perf.	%Std	Date	Location
<b>Pending World Records:</b>							
M65	10k Road Walk	Murray Dickinson	Vic	54:54.5	90%	23-8-03	Middle Park
W60	10k Road Walk	Brenda Riley	Vic	55:28.0	97%	6-9-03	Middle Park
W60	One Hour Run	Lavinia Petrie	Vic	13,822m	-	29-9-03	Doncaster, Vic
<b>Australian Records:</b>							
M30	Decathlon	Warren Evans	Qld	6,352pts	69%	23-2-03	QEII, Brisbane
W75	Half Marathon	Lorna Thompson	Qld	2:32:18	67%	27-4-03	Brisbane
M75	One Hour Run	Robert Lewis	Vic	13,038m	-	29-9-03	Doncaster, Vic
W75	10k	Corrie DeGroot	Vic	58:43	78%	4-10-03	Knox, Vic
M75	Pole Vault	Garvin Brown	Qld	2.80m	85%	4-10-03	QEII, Brisbane
W70	Javelin	Heather Doherty	Qld	24.47m	74%	4-10-03	QEII, Brisbane
W70	Discus	Heather Doherty	Qld	24.26m	72%	4-10-03	QEII, Brisbane
W70	Shot Put	Heather Doherty	Qld	7.96m	78%	11-10-03	QEII, Brisbane
<b>Victorian Records:</b>							
M45	Decathlon	Terry Hicks		4,431pts	54%	15-12-02	Doncaster, Vic
W60	Hammer	Astrid Rose		33.73m	81%	28-9-03	Murrumbeena
M45	One Hour Run	Allan Long		16,598m	-	29-9-03	Doncaster, Vic
M50	One Hour Run	Robin Broberg		16,031m	-	29-9-03	Doncaster, Vic
M60	One Hour Run	Graham Philpott		14,549m	-	29-9-03	Doncaster, Vic
M65	One Hour Run	Bernie Goggin		10,662m	-	29-9-03	Doncaster, Vic

Clyde Riddoch

VMA & AMA Records Officer

80 MacPherson Street, Footscray Vic 3011

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## Weight Throw

The Weight Throw is now an official event following a WMA decision at the World Championships. It will be 3 years before official World Records for the Weight Throw will be announced by WMA. The record applications based on our Australian records to send again to WMA.

Despite Australia having run weight throws in all state and national championships for many years, the 2005 San Sebastian World Championships will be the first time that the event will be part of the program.

## VMA COMMITTEE MEETING

MONDAY 6 OCTOBER 2003

### Nationals' Sponsorship

Athletics Australia had confirmed sponsorship of \$10,000 from Telstra for the Nationals and provided details of their requirements.

### Venue Insurance

Alan has sent to all Venue Managers a copy of the Insurance Policy and request for all members to sign the book. It was advised that under-age competitors would not be covered under AV policy. Public Liability cover would still probably apply.

### Venue Reports

Richard Trembath, as editor, reported that Doncaster had produced two issues of their own newsletters and these were sent to all Venue Managers. Richard advised that Lavinia has been nominated as Sports Star with the local paper.

Ken reported that Croydon/Knox/Springvale and East Burwood would be conducting the Doug Orr event on 30 October.

### Motions

- Concerning the new AMA hurdle specifications, the following motion was moved:  
*"That, in accordance with the recommendation adopted by the 2003 conference of Australian Masters Athletics, hurdles events at future Victorian Masters Athletics Championships be run using the new specifications recommended to AMA by its Hurdles Committee"*. Motion carried.
- "That the committee of Victorian Masters Athletics Inc refuse to recognize any requests by either individuals or groups to have the I.A.A.F rules of Race Walking altered in any way and that all Masters Club Racewalking Competitors be advised that the decisions by qualified Walk Race Judges shall be final and no appeals shall be permitted."* Motion defeated.
- That as a trial for the year 2004 in VMA club championships the IAAF rule regarding race walking be amended* as follows :- the second sentence be deleted and replaced with the words *"The leg in contact with the ground shall be straightened at the knee in the vertically upright position"*. Motion was not discussed yet put it on the agenda for November meeting.
- That the 20km road race for men over the age of 70 be reinstated on the Victorian racewalk calendar.* This was agreed and the Club Captain would include on future calendars.
- That, the Secretary or other nominated person prepare and maintain a register of VMA club championships to be held each year with a list of any modified rules pertaining to these championships.* Motion carried.

### Dinner Dance

The annual dinner dance will be held on Friday 14<sup>th</sup> November at a cost of \$45 per head. Arrangements for printing of tickets have begun and all Venue Managers will be notified of the details.

## Athletics Victoria

### Open, Underage and Overage Cross Country Championships

30<sup>th</sup> August 2003

Results for overage (40+) athletes only. Out of the 310 runners who took part in the Championships at Coburg, 117 were over 40 years old, and that doesn't count those in the 30-40 bracket! The columns are: overall place, age group place, name and time. The women's course was 4km in length and the men's 16km. Underage athletes also took part in earlier events.

#### W40

12	1	Anne Lord	14:50.0
18	2	Sue Clark	15:06.0
37	3	Laura Campbell	16:04.0
44	4	Janine Higham	16:23.0
50	5	Sharon Higgins	16:37.0
62	6	Janette Chapman	17:09.0
67	7	Frances Wilmot	17:37.0
85	8	Lisa Nicholson	18:21.0
97	9	Susan Chapman	19:03.0
101	10	Jennie Garnham	19:08.0
105	11	Denise Twite	19:20.0
109	12	Jennifer Sutton	19:56.0
117	13	Carmel Drennan	21:02.0
120	14	Antoinette Maher	23:54.0

#### W45

40	1	Louise Fairfax	16:19.0
42	2	Marienne Hibbert	16:23.0
45	3	Patricia Galvin	16:24.0
53	4	Colleen Stephens	16:46.0
59	5	Lavinia Petrie	17:04.0
65	6	Megan Sloane	17:21.0
81	7	Helen Van Der Nagel	18:09.0
82	8	Petrina Trowbridge	18:09.0
93	9	Barbara Fay	18:54.0
95	10	Lyn Thompson	18:56.0
98	11	Connie Davy	19:03.0
99	12	Lynette Davis	19:05.0
102	13	Annette Pelgrim	19:16.0

#### M40

22	1	Michael Bialczak	57:31.0
31	2	Christopher O'Connor	58:53.0
35	3	Peter Fitzgerald	59:21.0
43	4	Brett Whiteoak	60:05.0
62	5	Frank Shevlin	62:22.0
76	6	Michael Harvey	63:41.0
77	7	Mario Muscara	63:42.3
78	8	Graeme Macdonald	63:44.0
95	9	Daryl Thompson	66:15.0
96	10	John Crameri	66:18.0
109	11	Gerard Brown	67:43.0
123	12	Duncan Knox	69:56.0
132	13	Jeffrey Wright	71:06.0
139	14	Paul Viney	71:53.0
143	15	Gary O'Dwyer	72:25.0
147	16	Robert Sutton	73:27.0

150	17	Michael Gunning	74:39.0
158	18	Barry Whittle	77:47.0
170	19	Christopher Harrap	81:39.0
173	20	Peter Sutherland	83:15.0
180	21	Paul Wilmot	87:54.0
186	22	John David	92:14.0

#### M45

34	1	Charles Chambers	59:14.0
38	2	Allan Long	59:35.0
39	3	Peter Gaffney	59:37.0
41	4	Bert Pelgrim	59:53.0
53	5	Robin Hayter	61:04.0
64	6	Geoffrey Purnell	62:30.0
66	7	Robert Jones	62:43.0
69	8	Christopher Lynch	63:08.0
85	9	Zane Brache	64:49.0
89	10	Colin Heywood	65:36.0
91	11	Mark Markovic	65:46.0
94	12	Peter Risk	66:13.0
98	13	Ian Twite	66:27.0
100	14	Anthony Cant	66:44.0
101	15	John Williams	66:44.0
105	16	Andrew Holmes	67:24.0
110	17	Paul Kennedy	67:52.0
118	18	Geoff McGowan	69:05.0
130	19	John Moloney	70:45.0
133	20	Philip Williams	71:10.0
136	21	Neil Macdonald	71:35.0
138	22	Russell Barrett	71:51.0
144	23	Greg Schofield	72:26.0
146	24	Joseph Campisi	72:46.0
148	25	David Armstrong	73:44.0
164	26	Greg Payne	79:11.0
165	27	Terry Dopper	80:12.0
168	28	Brian Delaney	81:23.0
169	29	Bernard Payne	81:27.0

#### M50

58	1	Raymond Wilson	61:34.0
60	2	Geoffrey Clark	62:05.0
72	3	Ken Hall	63:26.0
74	4	Anthony Bird	63:33.0
80	5	Robin Broberg	63:57.0
82	6	Peter Moore	64:28.0
83	7	Barry Brooks	64:44.0
87	8	Max Howard	65:25.0

## AV Open &amp; Overage Cross Country Championships (Cont.)

108 9	Peter Bence	67:40.0	163 24	Wayne Hogan	79:09.0
117 10	Gabriel Carmona	68:50.0	171 25	Maxwell Balchin	81:43.0
119 11	Peter Tiktikakis	69:13.0	174 26	Burnie Skahill	83:58.0
120 12	Maxwell Little	69:33.0	176 27	Steven Stern	86:26.0
122 13	Gregory Moore	69:52.0	177 28	Michael Davin	86:43.0
131 14	Peter Hannaford	70:54.0	179 29	Connie Davy	87:53.0
134 15	Robin Sloan	71:22.0	181 30	Gordon Proudfoot	89:56.0
140 16	John Neil	71:57.0	182 31	Peter Battrick	90:54.0
141 17	Bruce Salisbury	71:58.0	183 32	Warren McCullough	90:54.0
151 18	Michael Bennion	74:48.0	184 33	John Jervis	91:50.0
154 19	Michael McCormack	76:48.0	185 34	Phillip Hutton	92:08.0
156 20	Robert Mandile	77:18.0	193 35	Peter Buller	101:30.0
157 21	Ian Upton	77:38.0	195 36	Bernard Goggin	107:34.0
161 22	Stuart Nicol	78:25.0	196 37	Bill Rutherford	109:53.0
162 23	Keith McIntosh	78:54.0	198 38	Kenneth Carter	117:38.0

## Athletics Victoria

## Open and Overage Half Marathon Championships

14<sup>th</sup> September 2003

## M40

14 1	Michael BIALCZAK	73:30	44 4	Allan LONG	77:38
25 2	Frank SHEVLIN	75:06	49 5	Robin HAYTER	77:58
31 3	Christopher O'CONNOR	76:01	59 6	Bert PELGRIM	78:38
48 4	Alistair HAM	77:56	65 7	Robert JONES	78:57
50 5	Matthew GIBNEY	78:02	71 8	Geoffrey PURNELL	79:52
51 6	Paul VINEY	78:13	86 9	Colin HEYWOOD	81:10
52 7	Warren HOLST	78:23	88 10	Anthony GRAY	81:24
55 8	Peter FITZGERALD	78:29	96 11	Christopher LYNCH	82:12
61 9	Tim CROSBIE	78:43	100 12	John WILLIAMS	82:31
74 10	Michael HARVEY	79:58	110 13	Peter RISK	83:26
76 11	Mark KING	80:19	127 14	Andrew HOLMES	85:20
77 12	Roger MAXIMIW	80:25	137 15	Paul KENNEDY	86:33
78 13	Graeme MACDONALD	80:32	149 16	Geoff MCGOWAN	87:37
80 14	Warrick ERWIN	80:46	171 17	John MOLONEY	89:20
98 15	Mario MUSCARA	82:17	194 18	Joseph CAMPISI	92:03
99 16	Murray JOHNSTON	82:29	205 19	Robert MCCONNOCHIE	93:08
104 17	John CRAMER	82:39	215 20	Steven DANILIUUK	93:50
117 18	Shaun KEMP	84:06	240 21	Neil MACDONALD	97:17
126 19	Gerard BROWN	85:16	244 22	Greg PAYNE	97:33
144 20	Marc COLLISTER	87:23	248 23	Terry DOPPER	97:48

## M50

156 21	Jeffrey WRIGHT	88:00	54 1	Geoffrey CLARK	78:27
157 22	Duncan KNOX	88:03	56 2	Robin BROBERG	78:34
177 23	Gary O'DWYER	90:01	92 3	Peter MOORE	81:43
196 24	Trevor SMITH	92:12	95 4	Max HOWARD	82:03
202 25	Peter SUTHERLAND	92:46	101 5	Robert GRAY	82:36
245 26	Michael GUNNING	97:34	103 6	Barry BROOKS	82:39
260 27	Neil BURGESS	99:45	112 7	Anthony BIRD	83:34
261 28	Lyal DOUGLAS	99:46	118 8	Paul TWINING	84:14
270 29	Christopher HARRAP	101:26	128 9	Bruce SALISBURY	85:21
287 30	Paul WILMOT	104:19	136 10	Peter BENCE	86:26
336 31	Paul MEREDITH	142:01	141 11	Graeme HEWITT	86:57
			153 12	Brian WOODRUFF	87:47
			158 13	Peter HANNAFORD	88:05

## M45

21 1	Antony MILOVAC	74:50
26 2	Charles CHAMBERS	75:12
27 3	Peter GAFFNEY	75:32

## AV Open &amp; Overage Half Marathon Championships (Cont.)

164 14	Gregory MOORE	88:41	331 45	Ronald YOUNG	130:49
168 15	Peter LOGAN	88:59	334 46	Bernard GOGGIN	133:05
182 16	Eric SIGMONT	90:21			
187 17	Maxwell LITTLE	90:50			
189 18	Robert EMBLETON	91:12			
199 19	Michael FENELON	92:30			
201 20	John BORRIDGE	92:35			
206 21	Gabriel CARMONA	93:13			
216 22	John NEIL	93:54			
218 23	Michael BENNION	94:23			
224 24	Clive DAVIES	95:25			
225 25	Robin SLOAN	95:37			
243 26	Ian UPTON	97:26			
249 27	Michael MCCORMACK	97:52			
251 28	Brian MEE	98:05			
258 29	Jim HOPKINS	99:31			
269 30	Stuart NICOL	101:25			
272 31	Robert BARNES	101:39			
281 32	Burnie SKAHILL	103:14			
282 33	David GODDARD	103:20			
289 34	Steven STERN	104:46			
290 35	Keith MCINTOSH	105:11			
291 36	Peter BATTRICK	105:37			
296 37	Boguslaw FRACKOWIAK	106:24			
304 38	Gordon PROUDFOOT	108:35			
308 39	Maxwell BALCHIN	110:15			
312 40	Michael DAVIN	112:36			
313 41	Phillip HUTTON	112:52			
316 42	Warren MCCULLOUGH	115:28			
318 43	Peter GRITXI	115:46			
325 44	Ron WALKER	126:11			

## W40

89 1	Anne LORD	81:28
108 2	Sue CLARK	83:17
219 3	Sharon HIGGINS	94:38
246 4	Frances WILMOT	97:36
252 5	Janette CHAPMAN	98:10
253 6	Jacqueline COOK	98:30
263 7	Penelope BURGESS	99:55
311 8	Denise TWITE	111:47

## W45

154 1	Marianne HIBBERT	87:52
165 2	Patricia GALVIN	88:42
167 3	Colleen STEPHENS	88:59
176 4	Anne ZIOGOS	89:52
229 5	Petrina TROWBRIDGE	96:01
231 6	Ruth REIDY	96:22
241 7	Megan SLOANE	97:19
247 8	Helen VAN DER NAGEL	97:39
279 9	Barbara FAY	103:00
283 10	Annette PELGRIM	103:41
285 11	Susan SHARPLES	103:54
298 12	Connie DAVY	107:00
307 13	Lynette DAVIS	110:14

## W50

330 1	Shirley YOUNG	130:49
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Athletics Victoria  
Healesville Mountain Run19<sup>th</sup> October 2003

This is a spectacular 13km run from Maroondah Dam, east of Healesville (80m above sea level). First part is through beautiful fern gullies, mountain ash and rainforest, past a small picnic area at Donnellys Weir. The rest is 9km, mostly uphill on Meyers Spur to the finish at the Observation Tower on Mount St Leonard (1010 m above sea level), where, on a clear day, there is a wonderful view of Melbourne, the Yarra Valley and the Acheron Valley.

## M40+

5 1	Michael Bialczak	1.13.14	24 11	Robert Sutton	1.28.31
7 2	Greg Mandile	1.14.20	25 12	Kevin Cassidy	1.29.27
8 3	Bert Pelgrim	1.14.55	26 13	Johnny Raath	1.30.59
9 4	Peter Le Busque	1.15.20	27 14	Peter Mitchell	1.33.07
10 5	Mark Phillips	1.15.55	33 15	Kevin Onley	1.49.56
12 6	Colin Page	1.17.17			
13 7	Greg Schofield	1.18.17			
15 8	Bruce Salisbury	1.20.36			
20 9	Gerard Santamaria	1.24.05			
23 10	David Jones	1.28.19			

## W40+

19 1	Lavinia Petrie	1.23.49
31 2	Lyn Arnel	1.38.19
32 3	Angie Kent	1.46.51

## VMA 10K Track Championship Knox Athletic Track Saturday evening, 4th October 2003

A fine evening's running took place at the Knox venue. Congratulations to the runners and organisers. The statistics come from David Shehan where the last two columns show the actual time run and the age-graded percentage equivalent.

M35	1. Mal Grimmett	35.43	76.3%		3. Peter LeGet	48.52	71.2%	
	2. Russell Speight	37.56	71.4%		M70	1. Ron Young	49.07	76.0%
	3. Doug Adams	44.56	60.7%			2. Colin Silcock-Delaney	58.34	62.2%
M40	1. Kevin Armstrong	40.46	69.3%			3. Ben Morrey	73.35	51.4%
	2. David Dobson	47.44	60.5%		M75	1. Bob Lewis	44.49	86.7%
M45	1. Bert Pelgrim	35.48	81.9%					
	2. Graeme Letique	39.05	75.6%		W35	1. Carmel Papworth	37.18	82.3%
	3. Andrew Tunne	42.33	67.9%			2. Julie Norney	40.58	73.2%
	4. Glen Claiden	44.26	67.0%		W40	1. Sharon Higgins	40.27	79.7%
M50	1. Paul Twining	36.50	84.2%			2. Susan Chapman	46.42	67.9%
	2. Andrew Edwards	37.17	80.5%			3. Sue Gamble	49.23	65.3%
M55	1. John Walker	37.20	84.5%		W45	1. Anne McPherson	43.45	75.7%
	2. Alan Bennie	39.29	80.0%			2. Helen Simmons	58.20	57.8%
	3. Bob Henderson	40.55	77.8%		W50	1. Jane Sturzaker	52.02	65.3%
	4. Rob Waters	44.48	71.7%		W55	1. Petrina Trowbridge	43.07	83.7%
	5. Ken Hough	47.08	68.2%		W60	1. Lavinia Petrie	42.15	89.0%
	6. Ted Morrison	49.16	65.8%			2. Helen Myall	52.58	71.0%
M60	1. Graham Philpott	40.39	80.5%		W65	1. Judy Wines	58.40	67.9%
	2. John Gage	41.13	81.8%			2. Anne Callaghan	61.01	66.1%
	3. John Waite	44.43	74.7%		W70	1. Shirley Young	55.02	80.9%
	4. Ces McKeown	47.01	71.7%		W75	1. Corrie DeGroot	58.43	78.2%
	5. Peter Battrick	47.09	69.5%					
	6. Jim Yatomi-Clarke	47.11	69.4%			ALSO RAN		
M65	1. Brian Mee	40.51	85.2%			William Sellick	47.07	57.0%
	2. Greg Mauldon	46.16	75.2%			Paul Meredith	54.4	53.2%

## What's On (Cont.)

### 2005

TBA 3<sup>rd</sup> Trans Tasman Masters Games (TTMG), The Hunter, NSW

### July

6<sup>th</sup>-16<sup>th</sup> 16<sup>th</sup> WMA (Stadia) World Championships, San Sebastian, Spain  
22<sup>nd</sup>-31<sup>st</sup> 6<sup>th</sup> World Masters Games, Edmonton, Canada

### 2006

January Oceania Championships, Christchurch, NZ

### May

8<sup>th</sup>-14<sup>th</sup> WMA World Non-Stadia Championships, Vancouver, Canada, [www.wma2006.org](http://www.wma2006.org)  
TBA WMA Indoor Championships

### 2007

July 17<sup>th</sup> WMA World Stadia Championships (Only bid is Riccione, Italy)

## What's On

### 2004

#### January

14<sup>th</sup> Springvale Lindsay Thomas 10km, Braeside Park, Mentone

#### February

4<sup>th</sup> Springvale Andy Salter Road Relays, Springvale/Noble Park venue  
16<sup>th</sup> Landy Trophy - see Richard Trembath  
26<sup>th</sup> East Burwood One Mile Challenge, East Burwood venue

#### March

10<sup>th</sup>-14<sup>th</sup> WMA Indoor Championships, Sindelfingen, Germany  
13<sup>th</sup> VVACI Track & Field, Day 1, Duncan McKinnon, Murrumbena  
14<sup>th</sup> VVACI Track & Field, Day 2, Duncan McKinnon, Murrumbena  
21<sup>st</sup> VVACI Weight Pentathlon, Duncan McKinnon, Murrumbena  
28<sup>th</sup> VVACI Pentathlon, Duncan McKinnon, Murrumbena

#### April

17-18<sup>th</sup> Coburg 24hr, 12hr & 6hr, Coburg venue  
9-12<sup>th</sup> Australian Masters T & F, Easter, Melbourne, Olympic Park  
18<sup>th</sup>-24<sup>th</sup> WMA Non-Stadia World Championships, Auckland, NZ. 18<sup>th</sup> (Cross Country Teams Race), 19<sup>th</sup> (50km Road Race Walk), 20<sup>th</sup> (Ekiden Road Relay), 22<sup>nd</sup> (10km Road Races), 23<sup>rd</sup> (20-30km Road Walks), 24<sup>th</sup> (Half Marathon). [www.wma2004.org](http://www.wma2004.org)  
21<sup>st</sup> Mentone Peter Colthup 5 Mile Handicap, Mentone venue  
TBA 1<sup>st</sup> WMA Indoor Championships (New York City, USA, Malmö, SWE, and (most probably) Sindelfingen, GER)

#### May

3<sup>rd</sup> VVACI Half Marathon, Footscray Boat House

#### June

12<sup>th</sup> Road Walks, 10km Men 35 to 69, 5km Women & M70+, Albert Park  
13<sup>th</sup> VVACI & VCCL Cross Country, Yarra Bend Park, Fairfield

#### July

18<sup>th</sup> VVACI/VCCL "Eric Greaves Memorial" 10km road, Braeside Park, Mentone

#### August

22<sup>nd</sup> VVACI Winter Weight Pentathlon, Duncan McKinnon, Murrumbena  
15<sup>th</sup> VVACI & VCCL 10 Miles Road Race Sunday, Princes Park, Royal Parade  
24<sup>th</sup> Croydon Betty Leigh Anti-cancer Walk, Croydon venue

#### September

4<sup>th</sup> Road Walks, 20km Men 35 to 69, 10km Women & M70+, Albert Park  
12<sup>th</sup> VVACI 25km Road Race, Footscray Boat House

#### October

10<sup>th</sup> VVACI Marathon (in Melbourne Marathon), Frankston to Melbourne  
16<sup>th</sup>-23<sup>rd</sup> The Alice Springs Masters Games, 1800-658-951, [www.alicespringsmasters.nt.gov.au](http://www.alicespringsmasters.nt.gov.au)  
23<sup>rd</sup> VVACI 10km Track Races, Knox venue  
28<sup>th</sup> Doug Orr Half Mile Handicap Thursday, East Burwood venue  
21<sup>st</sup>-28<sup>th</sup> Oceania OAVA Regional Championships, Rarotonga, Cook Islands. T&F at the Tereora National Stadium and may be held in cooler parts of the day. Plenty of accommodation.

#### TBA

Pan Pacific Masters Games, Gold Coast, (07) 5564-8733

#### November

16<sup>th</sup> Caulfield Gus Theobald Relay, Caulfield venue

#### December

2<sup>nd</sup> East Burwood Ian Prestegar 10km N.O.T., East Burwood venue  
Knox Half Marathon Wednesday, December 8th from Knox venue