

Vic Masters *News and Results*

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News and Results

Victorian Masters Athletics Inc.

January 2004

Dangers of Track and Field

Pay Attention!

Previous issues of News & Results have pointed out the potential dangers of track and field. Occasionally athletes wander where they shouldn't - across the track while events are in progress, across jumping runways and, more dangerously, in the landing areas of throwing implements. With sometimes up to a hundred athletes going various ways on a playing field, the size of a football ground, there are rules and rights of way. Please consider everyone and every possibility and - pay attention. Arthur Grayburn, the fine Kiwi javelin thrower and historian, posted this article in New Zealand's Vetline magazine:-

Athletics is not generally thought to be a dangerous sport unlike that which exists in contact sports but a recent incident at the 9th Australian Masters Games brought this quickly to everyone in Canberra. Information is from those taking part in the women's hammer where it appears that two circles were operating well away from one another in the "warm up" period.

A lady was out in the area endeavouring to retrieve her own hammer when she was struck by one thrown from the other circle and she had to be taken away in an ambulance. This article is not to point out who was at fault but to emphasise that all must take care for one another.

While I was not on this field at the time of the accident it must be noted that, following this unfortunate happening, all "warm up" throws were rigidly controlled. Each competitor had a warm up throw but no one went out to retrieve until all had finished then all went out into the field and brought the equipment back. A similar method may mean fewer "warm ups" but surely our aim should be to eliminate danger wherever possible.

It was also pointed out that those throws, which begin with the thrower having his back to the direction of the throw, sometimes cause the people out in the centre to underestimate when the throw will commence.

Remember always have a good look before you throw, or cross a landing area.

Victorian Masters Athletics Inc.

Office: 2/16 Barkly Street, Ringwood, 3134

Committee

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Magazine Editor	Vacant		
Thrower's Group	Graeme Rose	9836-2350	grarose@yahoo.com

Reference Websites

www.vicnet.net.au/~vicvets/
www.users.bigpond.com/judynken/atg
www.athsvic.org.au
www.val.org.au
www.geocities.com/Colosseum/5654/vicwalker.html
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users.eis.net.au/~atfca/
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www.mastersgames.com.au
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www.bvaf.org.uk
www.imga-masters.com

Victorian Masters Athletics
VMA "Around the Grounds"
Athletics Victoria
Victorian Athletic League (Pros)
Victorian Race Walking Club
Athletics Australia
IAAF
Australian T&F Coaches Assn
Int. Marathons & Road Races
Aust. Ultra Runners' Assn
Best Australian Runners Site
Australia's Runners World
ACTVAC and others
Qld Masters Athletics Association
Sth Australia Masters Athletics
WA Masters Athletics Club
Alice Springs Masters Games
2003 WMA Championships
2004 WMA World Distance Champs
2006 WMA World Non-Stadia
World Masters Athletics (WMA)
Masters T&F Magazine
"The" Masters Site
Pan Pacific Masters Games
Victorian Road Runners
British Masters Athletic Federation
International Masters Game Assn

VICTORIAN MASTERS ATHLETICS INC

2004 Subscriptions Due Now

This is reminder that your subscription for 2004 is due as from 1st January. We hope that you will be able to re-join for next year as we value your membership and are proud of our club. In 2004 we are hosting the National Masters Track and Field Championships at Easter. We would like to be at our strongest to confront this challenge. We need your participation. The method of payment of subs is direct to our Subscriptions Officer

Astrid Rose, 71 Union Road, Surrey Hills 3127

The subscription is \$35 for individuals or \$55 for a couple, living at the same address. We are also trying to update our database for mailing list and competition purposes, so please fill in this slip with your return. Please nominate a venue, even if you attend more than one.

On the reverse is a Disclaimer which you must sign. It is a reminder that you must watch your fitness levels before competing.

Thanks a million, Yours sincerely,
Colin Browne (Mailing Officer)

Please find enclosed Cheque / Money Order for \$ being the annual subscription to **Victorian Masters Athletics Inc.** for the period **1-1-2004 to 31-12-2004** for

Name.....

Address (only if changed)
.....

..... Postcode

PhoneDate of Birth / /

e-mailNewsletter by email ? YES/NO

Please nominate a home venue (or say "none")
.....

(Second member of family)

Name.....

Date of Birth / / Venue

Subscription 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. during the year 2004. I absolutely relieve the 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 that club.

Signed

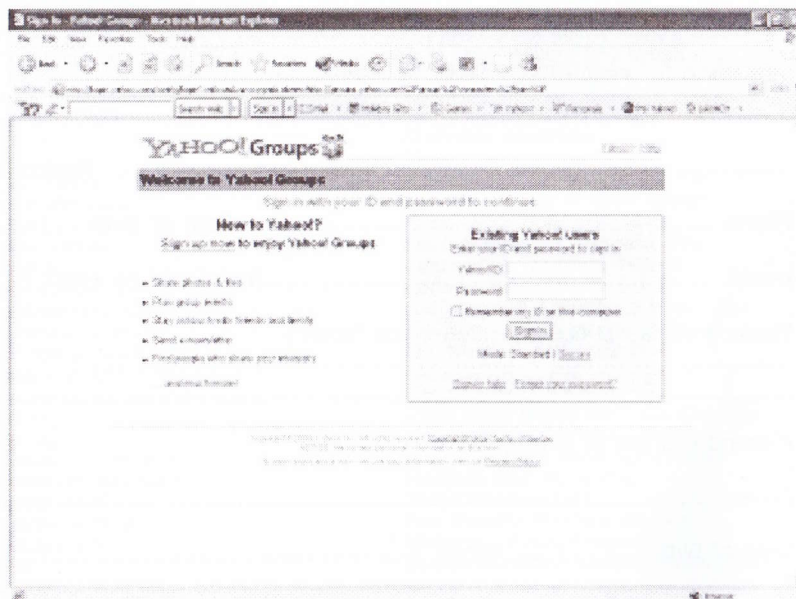
If a second member of the household is also included in the subscription, that person must also sign.

Signed

Vic Master Chat Group

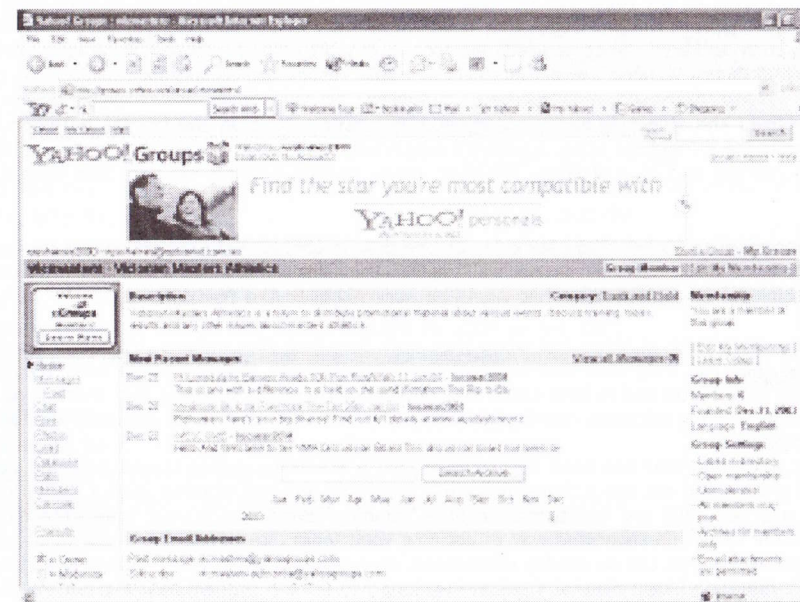
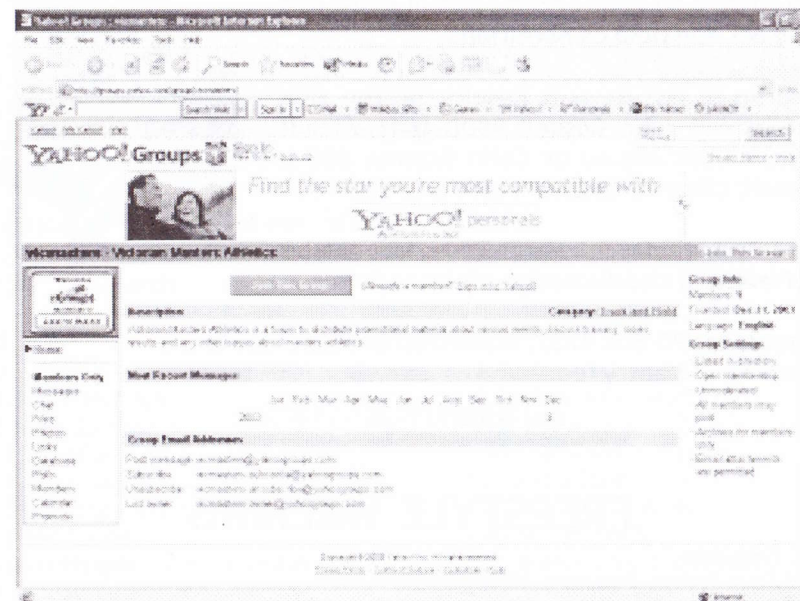
Gordon, our webmaster, has started up a chat list for Vic Masters. For those with internet, a chat list is similar to email except that the message is posted to those who have signed onto the group and allows anyone to respond, for all to see. This facility can be very useful for getting quick responses to questions or looking for, or broadcasting, information.

The internet address is <http://groups.yahoo.com/groups/vicmasters/>. The initial screen looks like this:-



Vic Master Chat Group

You will be asked for a Yahoo signon. If you haven't used Yahoo before, you will be required to create an account which entails answering a few questions and choosing an ID and password. After completing all the details, the VicMasters chat screens should appear:-



TELSTRA AUSTRALIAN MASTERS T & F CHAMPIONSHIPS

April 9th to 12th, 2004, Melbourne
hosted by VICTORIAN MASTERS ATHLETICS

Get you entry in now and become part of Australia's largest track and field competition.

Entry forms in last News & Results, on the VMA website or call John Gosbell 9808-4641 e-mail: jgosbell@melbpc.org.au or Colin Browne 9874-2501 email: cfbrowne@ozramp.net.au



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.
Multi-events \$12 entry fee.

FREESTYLE WALKING

By Jack Tregurtha
Extracted from Vetline, December 2003

There are moves to get Freestyle Walking accepted as a competitive event distinct from Race Walking. Most people would assume that it would be easy to define freestyle walking by simply requiring such walkers to keep at least one foot in contact with the ground. In practice it is not that easy. Ordinary walking down the street is easily recognised as walking.

Running down the street is easily recognised as running. It is at the border between these actions that the difficulties arise. A runner's supporting leg is bent and this is a major difference between running and race walking. However, many (most?) ordinary walkers also have a bent knee.

In addition an ultra-runner often has at least one foot in contact with the ground. If the contact rule alone were used to define freestyle walking then the races would all be won by the ultrarunners. I don't think for a moment that that would be acceptable to the freestyle walkers!

Ultra-runners do walk at times and when they walk they look like walkers. Ultra-runners do run and when they run they look like runners. But in both cases they can have both feet firmly planted on the ground and in both cases they have bent knees. So it seems that there is no clear point where walking becomes running. Certainly the contact rule cannot separate the two.

The best definition that has been suggested is that a freestyle walker should maintain contact with the ground and not use a "running style". Only time will tell whether such a definition will work in practice. Will my interpretation of a "running style" match your interpretation? Can anyone come up with a suggested way of defining what looks like running? It needs to be able to be put into words that can be readily understood. My personal view is that the lack of a clear and precise definition will ensure that freestyle walking will remain predominantly a fun event.

VICTORIAN MASTERS ATHLETICS INC 2004 Championships

Championships:

Date	Start Time	Location
Sat 13th March Track & Field Day 1	12.00pm	CAULFIELD
Sun 14th March Track & Field Day 2	12.00pm	CAULFIELD
Sun 21st March Weight Pentathlon	10.00am	CAULFIELD
Sun 28th March Pentathlon	12.30pm	CAULFIELD

The Melway location of Caulfield is map 69, A9

Provisional Timetable for Track & Field:

DAY 1 DUNCAN McKINNON
Saturday 13th March

DAY 2 DUNCAN McKINNON
Sunday 14th March

Track

12.00 5km Walk - Women and M75+
12.00 Sprint Hurdles
12.45 100m Sprints
1.30 1500m Runs
2.30 100m finals (if req.)
2.35 5km Walk - Men under 75
3.15 400m Sprints
4.00 2km Steeple - Women and M60+
4.15 3km Steeple - Men under 60

12.00 3/400m Hurdles
12.20 3km Walk - Men
12.50 800m Runs
1.40 1500m Walk - Women
1.50 200m Sprints
2.40 5km Run All Women
3.20 5km run M55+
4.00 200m Finals (If needed)
4.05 5km Run M30-54

Field

10.00 Heavy Weight W30-55, M70+, W60+
12.00 Long Jump All Women, M60+, M50/55, M30-49
12.00 Discus M30-49, M50/55, W60+, W50/55, W30-49, M60/65, M70+
12.00 Hammer M60/65, W30-49, M70+, M30-59, W50+
1.00 High Jump M30/59, M60+, All Women

10.00 Heavy Weight M30-M65
12.00 Javelin M60/65, M50/55, M30/49, M70+, W30-49, W50+
12.00 Triple Jump M50/55, M30/35, M40/45, W30+, M60+
12.00 Shot Put M70+, W50+, W30-49, M60/65, M30-59
1.00 Pole Vault M30-59, W30+/M60+

(Field Events are shown in generalised, proposed order of competing.)

Results will be posted on the Club Website as soon as we can.

Please collect your program and age group numbers when you arrive at the track.

Conditions of Entry:

1. You must be a financial member of the club.
2. Club uniform must be worn.
3. Please supply your own lapscorer for events 3km and longer.
4. Be available to start your event at least 30 minutes before the official start time.

Entry Closing Date:

Friday 27th February for all competitions

2004 Championships

Post Entries To:

Victorian Masters Athletics Championships
P.O.Box 4237, BURWOOD EAST VIC 3151

Technical Specifications:

Hurdles

Age	Race	Height	1 st H.	Btw H.	Finish	No.	Colour
Women							
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 plus	200m	.600m	20.0m	35.0m	40.0m	5	Green
Men							
30-39	110m	.991m	13.72m	9.14m	14.02m	10	Blue
40-54	100m	.914m	13.0m	8.5m	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
30-44	400m	.914m	45.0m	35.0m	40.0m	10	Green
45-54	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 plus	200m	.686m	20.0m	35.0m	40.0m	5	Green

Implements

Women	Shot	Put	Discus	Hammer	Javelin	Weight
30-49	4.00k	1.00k	4.00k	600gms	9.08k(20lbs)	
50-59	3.00k	1.00k	3.00k	500gms	7.26k(16lbs)	
60+	3.00k	1.00k	3.00k	400gms	5.45k(12lbs)	
Men						
30-49	7.26k	2.00k	7.26k	800gms	15.88k(35lbs)	
50-59	6.00k	1.50k	6.00k	700gms	11.34k(25lbs)	
60-69	5.00k	1.00k	5.00k	600gms	9.08k(20lbs)	
70-79	4.00k	1.00k	4.00k	500gms	7.26k(16lbs)	
80+	4.00k	1.00k	4.00k	400gms	5.45k(12lbs)	

Steeplechase:

3000m for M30-59 2000m(.762m) for M60+ and Women

Pentathlon:

MEN - LJ, JT, 200, DT, 1500, WOMEN - LJ, JT, 200, DT, 800

Weight Pentathlon:

ALL - HAMMER, SHOT, DISCUS, JAV, WEIGHT

2004 Championships

Entry Form

SURNAME _____ CALL NAME _____

ADDRESS _____

POST CODE _____ SEX _____ DATE OF BIRTH _____ AGE on Day _____

NORMAL MID-WEEK VENUE _____ (If you go to one)

PHONE _____

To select an event, please mark it with your recent best (or hoped for) time or distance. This will enable us to properly grade everyone in heats and divisions.

Saturday 13th March

SH _____ Sprint Hurdles

1 _____ 100m Sprints

15 _____ 1500m Runs

5W _____ 5km Walk

4 _____ 400m Sprints

ST _____ 2/3km Steeple

LJ _____ Long Jump

HJ _____ High Jump

DT _____ Discus

HT _____ Hammer

Sunday 14th March

LH _____ 3/400m Hurdles

3W _____ 3km Walk - Men

8 _____ 800m Runs

SW _____ 1500m Walk - Women

2 _____ 200m Sprints

5 _____ 5km Runs

TJ _____ Triple Jump

PV _____ Pole Vault

SP _____ Shot Put

JT _____ Javelin

WT _____ Weight Throw

Sunday 21st March

WP _____ Wt Pentathlon

Sunday 28th March

PE _____ Pentathlon

Entry Fees:

(TO BE ENCLOSED WITH THIS ENTRY)

Track and Field _____ events @ \$4.00 per event _____

Weight Pentathlon @ \$7.00 _____

Pentathlon @ \$7.00 _____

TOTAL ENCLOSED

\$ _____

(Please make cheques payable to Victorian Masters Athletics)

Send money and Entry Form to:

Victorian Masters Athletics Championships
P.O.Box 4237
BURWOOD EAST VIC 3151

Entry Closing Date:

FRIDAY 27th February

Australian Masters Games Results

(Cont.)

W45		Javelin	
2	Mousley, Deb	26.41	M40
W50		3 O'Donnell, Peter	
1	Schultz, Christine	34.57	M55
2	Szczepanska, Eliza	26.27	3 Reynolds, John
W70		M60	
2	Baarslag Leb, Tina	10.23	2 Nainie, David
W80		M65	
1	Davidson, Gwen	15.36	1 Hancock, Tom
			37.48

Pentathlon

	LJ	JT	200	DT	1500	Total	
M35							
3	McKinnon, Chris	3.69	21.17	30.81	14.65	5:8.73	1329
M60							
3	Philpott, Grahame	4.45	23.22	30.24	23.59	5:14.47	2945
M65							
2	Noden, Graeme	4.78	26.52	28.86	24.58	6:54.57	3191
W35							
1	Baldwin, Jennifer	4.44	25.26	28.83	26.82	2:43.51	2512
W40							
2	Sheehan, Karen	3.70	19.96	29.9	12.29	3:0.23	1974
W55							
1	Woolcock, Ruth	2.66	16.87	3:40.46	15.47	3:40.52	1244

Weight Pentathlon

	HT	SP	DT	JT	WT	Total	
M55							
1	Reynolds, John	35.02	9.76	32.15	24.94	13.25	2970
M75							
1	Knox, Ken	20.56	7.22	20.41	14.16	8.00	2380
W45							
1	Mousley, Deb	15.84	8.57	25.35	21.05	6.46	2347
2	Ryan, Wendy	18.21	6.96	22.86	22.32	6.85	2296
W50							
1	Schultz, Christine	33.58	11.86	34.79	24.88	11.81	3805
2	Szczepanska, Eiza	33.40	10.43	24.46	19.21	12.67	3325
W80							
1	Davidson, Gwen	21.87	5.82	15.55	11.03	0	3409

Thrower's Group Pre-Christmas Event

Weight Pentathlon

	HT	SP	DT	JT	WT	Total	
M55	John Reynolds	32.79	8.75	30.18	24.35	12.14	2712
M60	Graeme Rose	46.20	12.88	38.62	48.91	18.32	4531
	Zbig Warzala	20.57	8.44	22.84	0.00	7.78	1631
	Ken Readwin	39.70	9.15	30.31	18.93	14.10	2967
	George Christodoulou	22.24	7.27	23.12	18.73	10.48	2024
M65	Ken Priestley	41.11	8.86	27.72	23.35	15.19	3552
M70	Nino Stankovic	21.97	8.00	22.35	19.95	8.69	2332
	Harry Wynhoven	23.51	8.07	26.14	16.93	13.28	2749
	Milton Ballantyne	26.91	8.94	21.13	17.33	10.63	2579
M80	Stan Stankovic	24.91	7.69	21.72	18.32	12.01	3544
M85	John Fraser	21.17	6.72	18.81	9.80	9.82	3490
W50	Elizabeth Szczepanska	29.09	9.04	20.43	16.29	10.90	2769
	Judy Coram	34.97	8.30	22.20	20.07	9.53	2897
W60	Astrid Rose	32.62	7.91	19.95	16.76	11.42	3404
W65	Shirley McFarland	15.11	5.03	12.22	8.69	7.45	1973
W80	Gwen Davidson	20.34	5.76	14.70	11.66	7.30	4192

W35		
1	Baldwin, Jennifer	26.34
3	Lambrick, Fiona	18.29
W45		
3	Ryan, Wendy	25.09
W50		
1	Schultz, Christine	26.87
W55		
3	Dundas, Rhondda	18.93
W80		
1	Davidson, Gwen	11.81

Electronic timing - Help Wanted

This year your club will use electronic timing for the sprint events at the Victorian track & field Championships on 13th & 14th March. A small dedicated team will be needed to erect, operate and dismantle the equipment. The equipment is being hired from Little Athletics.

People with little athletics experience would be ideal but the equipment is simple to use and anybody with an interest would be welcome on the team. Please contact Tony Bradford immediately on 9749 2248 or abradrns@rabbit.com.au.

Victorian (Athletics Victoria) Track & Field Championships

Open, U20, Overage and AWD

Date: February 13th, 14th & 15th 2004

Venue: Olympic Park

Age Groups: Open / U20 / 40+ / 50+

Cost: \$10 per event

Closing Date: January 29th 2004

Capers Operators Needed

Help is needed with the input and operation of Capers. The input of entries is basically covered but we do need more people to have a knowledge of what is required. The timetabling and results applications will need additional people. That is, after entries close the timetable needs to be prepared, at the Championships results need to be entered and after the championships results entries need to be checked again and the results book produced. We are looking for an immediate response so that the new people can learn the system for the Vics and then go on to the Nationals.

Treasurer Position will be Vacant

Don McLean writes:

Please advertise that I will not be available as Treasurer after the AGM. Ideally we would be best to have someone else in place before May. It may help the transition and give confidence to the new treasurer if confidence is needed. Talk to Don McLean on 9808-4543 or email at donaldmc@bigpond.com.

Editor Position is Vacant

Also the News & Results editor's position is still vacant. Call Russ Haines on 9876-4367 or Alan Lucas on 9879-1483. Unfortunately this will be my last issue as university starts in February and my spare time will be spent eating, sleeping and complaining to my wife about my workload!

What's On

2004

February

- 4th Springvale Andy Salter Road Relays, Springvale/Noble Park venue
 13th-15th Athletics Victoria State Championships, see previous page.
 16th Landy Trophy - see Richard Trembath
 26th East Burwood One Mile Challenge, East Burwood venue

March

- 5th-8th 30th New Zealand Masters Athletics Championships, Porritt Stadium, Hamilton
 10th-14th WMA Indoor Championships, Sindelfingen, Germany
 13th VMA Track & Field, Day 1, Duncan McKinnon, Murrumbeena
 14th VMA Track & Field, Day 2, Duncan McKinnon, Murrumbeena
 21st VMA Weight Pentathlon, Duncan McKinnon, Murrumbeena
 28th VMA Pentathlon, Duncan McKinnon, Murrumbeena

April

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

May

- 3rd VMA Half Marathon, Footscray Boat House

June

- 12th Road Walks, 10km Men 35 to 69, 5km Women & M70+, Albert Park
 13th VMA & VCCL Cross Country, Yarra Bend Park, Fairfield

July

- 18th VMAVCCL "Eric Greaves Memorial" 10km road, Braeside Park, Mentone

August

- 15th VMA Winter Weight Pentathlon, Duncan McKinnon, Murrumbeena, noon start
 15th VMA & VCCL 10 Miles Road Race Sunday, Princes Park, Royal Parade
 24th Croydon Betty Leigh Anti-cancer Walk, Croydon venue

September

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

October

- 2nd-4th National Winter Weight Pentathlon, Canberra
 10th VMA Marathon (in Melbourne Marathon), Frankston to Melbourne
 16th-23rd The Alice Springs Masters Games, 1800-658-951,
www.alicespringmasters.nt.gov.au
 23rd VMA 10km Track Races, Knox venue
 28th Doug Orr Half Mile Handicap Thursday, East Burwood venue
 21st-28th Oceania OAVA Regional Championships, Raratonga, 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

More What's On

November

- 16th Caulfield Gus Theobald Relay, Caulfield venue

December

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

2005

- TBA 3rd Trans Tasman Masters Games (TTMG), The Hunter, NSW

July

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

2006

- January Oceania Championships, Christchurch, NZ

May

- 8th-14th WMA World Non-Stadia Championships, Vancouver, Canada, www.wma2006.org
 TBA WMA Indoor Championships

2007

- July 17th WMA World Stadia Championships (Only bid is Riccione, Italy)

Major Competitions

Victorian Masters Championships

13th-14th March, 2004, Duncan McKinnon venue, Caulfield

Australian Masters Track and Field Championships

9th-12th April, 2004, Melbourne, Victoria

World Masters Non-Stadia Championships

18th-24th April, 2004, Auckland, New Zealand

Oceania Track and Field Championships

21st-28th October, 2004, Raratonga, Cook Islands

World Masters Track and Field Championships

6th-16th July 2005, San Sebastian, Spain

World Masters Games

22nd-31st July, 2005, Edmonton, Canada