

News and Results

Victorian Masters Athletics Inc.

March 2004

Howden triumphs in The Landy Trophy

STAR athlete Keith Howden capped a stellar career when he scored a last stride win in Victorian Masters Athletics' premier event, The Landy Trophy, at Doncaster on the night of February 16.

Howden (58) came from the 54 metre mark in the 400 metres final to score narrowly from 69 metre markers Ross Kent (61) and Richard Trembath (62). Each of the three runners got to the front at various stages in the straight in what several veteran observers described as the best race they had seen in Masters' Athletics. Howden's effort denied Kent a third win in The Landy Trophy, which he took in both 2001 and 2002.

Trembath, running in the event for the second time, followed up last year's second placing in which he was beaten by another world champion, Mike Johnston (81).

Howden has had considerable success at State, National and international levels during recent years but his Landy win really provided him with some consolation for what should have been the highlight of his career. That was in the M55 final of the 400 metres at the World Veterans' Championships in Brisbane in 2001 when he had the race won, only to tear a hamstring 30 metres from the line. Howden hobbled the last few metres and was still able to take the bronze.

Howden and Kent went into the final as two of only three winners of both their 200 metres and 1000 metres heats. The other was Colin Page, who was celebrating his 50th birthday, which saw him step up an age group, giving him a more generous handicap under the automatic Age-Grade Percentage scale from which marks for the event are calculated.

The Consolation final also provided a great contest, with Con Matthews (67), a previous final placegetter, proving too strong for Ron Arthur (64) and Andrew Watts (48).

The Manningham Mile, which was run for the first time, may well have unearthed a



Finish of the 200 Metre Race

Continued on page 3

Victorian Masters Athletics Inc.

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Committee

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Reference Websites

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Victorian Masters Athletics
VMA "Around the Grounds"
Athletics Victoria
Victorian Athletic League (Pros)
Victorian Race Walking Club
Athletics Australia
International Ass. of Aths Federation
Australian T&F Coaches Assn
Int. Marathons & Road Races
Aust. Ultra Runners' Assn
Best Australian Runners Site
Australia's Runner's World
ACTVAC and others
Qld Masters Athletics Association
Sth Australia Masters Athletics
WA Masters Athletics Club
Alice Springs Masters Games
2004 WMA Championships Non-Stadia
2005 WMA Championships
2006 WMA Championships Non-Stadia
World Masters Athletics (WMA)
Masters Track & Field Magazine
"The" Masters Track & Field Site
Pan Pacific Masters Games Gold Coast
Victorian Road Runners
British Masters Athletic Federation
International Masters Game Assn

The Landy Trophy (Continued)

future star of Australian middle distance running in Matthew Coloe (15), who scored in effortless fashion, while the inaugural running of the Doncaster Dash, for members of Little Athletics, went to Con Koutsantony (13), who scored in a blanket finish, getting up in the last stride to beat Bronte Gange (11).

Trophies for the Manningham Mile were presented by the Mayor of Manningham, Cr John Bruce, while the guest of honour and presenter for The Landy Trophy was David Culbert, Chairman of Selectors for Athletics Australia, dual Olympian, dual Commonwealth Games silver medallist and five times National long jump champion.

Culbert was one of five ex-Olympians who attended the meeting as guests, the others being former presenters Gary Honey and Ray Weinberg plus Charlene Rendina and Ken Doubleday.



Trophies valued at more than \$3000 were presented at the meeting, thanks in part at least to Doncaster's sponsors Australian National Credit Union, Ebony Rose Financial Risk Management, the City of Manningham, Qualitops, Silverglo Australia and JNJ Electrics.

The Landy Trophy for 2005 will be run on Monday, February 14. Mark it in your diary. Doncaster Masters Athletics is held every Monday night at the track at George St. Further information is available from Richard Trembath on 94316963 or 0409 369944.



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

Eric Greaves Memorial Run/Walk on 5/11/2003 at Springvale Venue



Allan Bennie-Venue Manager
Celia Johnson - Winner Walk H/cap
Wendy Greaves
Howard Rees - Winner 5km H/cap
Ken Hough - 3rd place
Tony McGarrigle - 2nd place

Howard Rees receiving trophy
from Alan Bennie

ALTONA VENUE

VICTORIAN MASTERS ATHLETICS

You are invited to compete in the

HARRY PRESTON MEMORIAL 1500 METRE HANDICAP.

To be held on the Grass Track at Altona Venue,

Sugar Gum Drive, Altona, (Melway 54G9)

At 6.30 pm on Tuesday 16th March 2004

Harry was one of nature's gentlemen, and was an enthusiastic competitor at Altona Venue, many Fun Runs around Melbourne, and at State and National Championships until shortly before his death in late 2002 at the age of 91.

Harry's family has donated a trophy to be competed for in the event for which he still holds the Victorian Record.

To obtain your handicap in this event, please provide the following information by 10th March to: -

Altona Masters, 3 Phair Court, Altona 3018,
or email to murfett@netspace.net.au

Name _____ Venue _____

1500 Metre times and dates

Time

Date

.....
.....
.....

.....
.....
.....

**RESULTS OF
ATHLETICS VICTORIA TRACK & FIELD CHAMPIONSHIPS
13-15 FEBRUARY 2004**

Women 100 Metre 40+

| | | | |
|---|-----------------|------------|-------|
| 1 | Lee, Salli-Ann | MENTONE AC | 14.05 |
| 2 | Russell, Joanne | VMA | 14.17 |
| 3 | McDonald, Cathy | VMA | 14.54 |
| 4 | Dacy, Julie | VMA | 14.85 |

Women 400 Metre 40+

| | | | |
|---|-----------------|--------------------|-------|
| 1 | Russell, Joanne | VMA | 63.25 |
| 2 | McDonald, Cathy | VMA | 66.07 |
| 3 | Dacy, Julie | VMA | 67.37 |
| 4 | Orelli, Cathy | ATHLETICS CHILWELL | 69.35 |

Women 3000 Metre 40+

| | | | |
|---|----------------------|--------------------|----------|
| 1 | Higgins, Sharon | RICHMOND HARRIERS | 11:34.20 |
| 2 | Pelgrim, Annette | KNOX SHERBROOKE AC | 11:59.68 |
| 3 | Van Der Nagel, Helen | RINGWOOD AC | 12:05.94 |

Women 3000 Metre Walk 40+

| | | | |
|---|-----------------|--------------|----------|
| 1 | Drennan, Carmel | KEILOR ST BE | 17:49.81 |
|---|-----------------|--------------|----------|

Women High Jump 40+

| | | | |
|---|-------------------|--------------------|-------|
| 1 | Lee, Salli-Ann | MENTONE AC | 1.35m |
| 2 | Chapman, Susan | RICHMOND HARRIERS | 1.30m |
| 3 | Bridle, Christine | ATHLETICS WAVERLEY | 1.30m |

Women Long Jump 40+

| | | | |
|---|----------------|--------------------|-------|
| 1 | Lee, Salli-Ann | MENTONE AC | 4.84m |
| 2 | Chapman, Susan | RICHMOND HARRIERS | 4.32m |
| 3 | Orelli, Cathy | ATHLETICS CHILWELL | 4.09m |

Women Shot Put 40+

| | | | |
|---|-------------------|--------------------|-------|
| 1 | Bridle, Christine | ATHLETICS WAVERLEY | 7.69m |
| 2 | Drennan, Carmel | KEILOR ST BE | 6.18m |

Women Discus Throw 40+

| | | | |
|---|-----------------|-----|--------|
| 1 | McDonald, Cathy | VMA | 18.60m |
|---|-----------------|-----|--------|

Women 3000 Metre Walk 50+

| | | | |
|---|---------------|-----|----------|
| 1 | Carr, Heather | VMA | 15:58.53 |
| 2 | Steed, Gwen | VMA | 17:22.72 |

Women Shot Put 50+

| | | | |
|---|--------------------|--------------|--------|
| 1 | Schultz, Christine | DONCASTER AC | 11.34m |
|---|--------------------|--------------|--------|

Women Discus Throw 50+

| | | | |
|---|--------------------|--------------|--------|
| 1 | Schultz, Christine | DONCASTER AC | 34.38m |
|---|--------------------|--------------|--------|

Men 100 Metre 40+

| | | | |
|---|--------------------|--------------------|-------|
| 1 | Tuckett, Peter | ATHLETICS WAVERLEY | 12.61 |
| 2 | Stiomou, Chris | PRESTON AC | 12.70 |
| 3 | Pocklington, Colin | BOX HILL AC | 12.76 |

ATHLETICS VICTORIA TRACK & FIELD CHAMPIONSHIPS Results (Cont.)

| | | | |
|-------------------------|-----------------------|--------------------|----------|
| 4 | Coghill, Phil | BOX HILL AC | 12.83 |
| Men 400 Metre 40+ | | | |
| 1 | Smith, Trevor | RICHMOND HARRIERS | 53.92 |
| 2 | Tuckett, Peter | ATHLETICS WAVERLEY | 54.20 |
| 3 | Collins, Bruce | DIAMOND VALLEY AC | 55.15 |
| 4 | McGee, Darren | ATHLETICS WAVERLEY | 60.33 |
| Men 3000 Metre 40+ | | | |
| 1 | Boyle, Dennis | BALLARAT YCW | 9:01.87 |
| 2 | Quirk, Steven | TARALGON HARRIERS | 9:11.72 |
| 3 | Bialczak, Michael | KEILOR ST BE | 9:15.11 |
| 4 | Bowes, Phillip | SOUTH MELBOURNE AC | 9:17.07 |
| 5 | Fitzgerald, Peter | ATHLETICS ESSENDON | 9:18.18 |
| 6 | Gaffney, Peter | KEILOR ST BE | 9:19.08 |
| 7 | Mulholland, Stephen | MALVERN HARRIERS | 9:26.58 |
| 8 | Twite, Ian | TARALGON HARRIERS | 10:47.01 |
| 9 | DI Francesco, Raphael | GLENHUNTLY AC | 11:36.63 |
| Men 800 Metre 40+ | | | |
| 1 | Crosbie, Tim | MALVERN HARRIERS | 2:03.52 |
| 2 | Ayers, David | BOX HILL AC | 2:03.94 |
| 3 | Gibney, Matthew | BALLARAT HARRIERS | 2:04.19 |
| 4 | Smith, Trevor | RICHMOND HARRIERS | 2:04.73 |
| 5 | Collins, Bruce | DIAMOND VALLEY AC | 2:04.87 |
| 6 | Boyle, Dennis | BALLARAT YCW | 2:06.42 |
| 7 | Worsnop, Mark | IVANHOE HARRIERS | 2:09.18 |
| 8 | Chadwick, John | GLENHUNTLY AC | 2:26.27 |
| Men 3000 Metre Walk 40+ | | | |
| 1 | Donahoo, Mark | ATHLETICS ESSENDON | 13:20.24 |
| 2 | Reid, Ross | GLENHUNTLY AC | 13:52.30 |
| 3 | Knox, Duncan | ATHLETICS ESSENDON | 14:12.56 |
| 4 | Jones, Robert | BALLARAT YCW | 14:27.55 |
| 5 | Evans, Simon | BOX HILL AC | 14:35.88 |
| 6 | Armstrong, David | DIAMOND VALLEY AC | 15:19.00 |
| — | Heywood, Colin | DIAMOND VALLEY AC | DQ |
| — | Worsnop, Christopher | OLD XAVERIANS AC | DQ |
| Men High Jump 40+ | | | |
| 1 | Baldwin, Terry | ATHLETICS WAVERLEY | 1.50m |
| 2 | Armstrong, David | DIAMOND VALLEY AC | 1.45m |
| Men Long Jump 40+ | | | |
| 1 | Thomas, Mark | FRANKSTON AC | 5.58m |
| 2 | Sargent, Grant | COLLINGWOOD | 5.07m |
| Men Shot Put 40+ | | | |
| 1 | Edney, Andrew | IVANHOE HARRIERS | 11.83m |
| 2 | Stoop, Stan | GEELONG GUILD AC | 10.54m |
| Men Discus Throw 40+ | | | |
| 1 | Stoop, Stan | GEELONG GUILD AC | 23.83m |

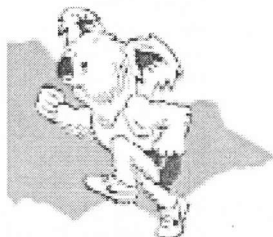
| | | | |
|----------------------|-------------------|--------------------|-----------|
| Men 100 Metre 50+ | | | |
| 1 | Turner, Paul | CORIO AC | 12.43 |
| 2 | Mahon, Gary | VMA | 13.91 |
| 3 | Neale, John | PRESTON AC | 14.44 |
| Men 400 Metre 50+ | | | |
| 1 | Lamb, Peter | BELLARINE AC | 56.40 |
| 2 | McCurry, Colin | BALLARAT HARRIERS | 56.86 |
| 3 | Tonkin, Mark | KNOX SHERBROOKE AC | 59.11 |
| 4 | Moloney, John | KEILOR ST BE | 60.61 |
| 5 | Moore, Greg | KEILOR ST BE | 63.29 |
| 6 | Carr, Bill | OLD MELBURNIANS AC | 64.38 |
| 7 | Stern, Steven | GLENHUNTLY AC | 67.30 |
| Men 3000 Metre 50+ | | | |
| 1 | Chambers, Charles | BENDIGO YMCA | 9:40.52 |
| 2 | Solomon, Kevin | RICHMOND HARRIERS | 9:44.24 |
| 3 | Holden, Geoff | ST KEVINS AC | 10:05.41 |
| 4 | Johnson, Russell | CORIO AC | 10:15.38 |
| 5 | Prowse, Frank | VMA | 10:37.40 |
| 6 | Jones, David | ATHLETICS ESSENDON | 10:38.46 |
| 7 | Moore, Peter | RICHMOND HARRIERS | 10:40.05 |
| 8 | Moore, Greg | KEILOR ST BE | 10:57.76 |
| 9 | Orelli, Michael | ATHLETICS CHILWELL | 12:48.46 |
| Men 800 Metre 50+ | | | |
| 1 | Moloney, John | KEILOR ST BE | 2:17.47 |
| 2 | Moore, Greg | KEILOR ST BE | 2:19.10 |
| 3 | Stern, Steven | GLENHUNTLY AC | 2:27.58 |
| 4 | Jones, David | ATHLETICS ESSENDON | 2:29.68 |
| 5 | Orelli, Michael | ATHLETICS CHILWELL | 3:02.04 |
| Men High Jump 50+ | | | |
| 1 | Hancock, Thomas | IVANHOE HARRIERS | 1.40m |
| 2 | Riddoch, Clyde | ATHLETICS WAVERLEY | 1.35m |
| 2 | Neale, John | PRESTON AC | 1.35m |
| Men Long Jump 50+ | | | |
| 1 | Lamb, Peter | BELLARINE AC | 4.99m 0.7 |
| 2 | Scholes, Robert | SOUTH BENDIGO AC | 4.84m 1.4 |
| 3 | Neale, John | PRESTON AC | 4.27m 1.1 |
| Men Shot Put 50+ | | | |
| 1 | Rose, Graeme | ST STEPHENS | 12.02m |
| 2 | Hancock, Thomas | IVANHOE HARRIERS | 10.27m |
| 3 | Reynolds, John | WARNAMBOOL AC | 9.46m |
| 4 | Riddoch, Clyde | ATHLETICS WAVERLEY | 9.33m |
| Men Discus Throw 50+ | | | |
| 1 | Rose, Graeme | ST STEPHENS | 35.51m |
| 2 | Riddoch, Clyde | ATHLETICS WAVERLEY | 35.00m |

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.

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 3/400m Hurdles |
| 12.00 Sprint Hurdles | 12.20 3km Walk - Men |
| 12.45 100m Sprints | 12.50 800m Runs |
| 1.30 1500m Runs | 1.40 1500m Walk - Women |
| 2.30 100m finals (if req.) | 1.50 200m Sprints |
| 2.35 5km Walk - Men under 75 | 2.40 5km Run All Women |
| 3.15 400m Sprints | 3.20 5km run M55+ |
| 4.00 2km Steeple - Women and M60+ | 4.00 200m Finals (if needed) |
| 4.15 3km Steeple - Men under 60 | 4.05 5km Run M30-54 |

Field

| | |
|--|---|
| 10.00 Heavy Weight W30-55, M70+, W60+ | 10.00 Heavy Weight M30-M65 |
| 12.00 Long Jump All Women, M60+, M50/55, M30-49 | 12.00 Javelin M60/65, M50/55, M30/49, M70+, W30-49, W50+ |
| 12.00 Discus M30-49, M50/55, W60+, W50/55, W30-49, M60/65, M70+ | 12.00 Triple Jump M50/55, M30/35, M40/45, W30+, M60+ |
| 12.00 Hammer M60/65, W30-49, 49, M70+, M30-59, W50+ | 12.00 Shot Put M70+, W50+, W30- 49, M60/65, M30-59 |
| 1.00 High Jump M30/59, M60+, All Women | 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

**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 |

2004 VMA Championships

| | | | | | | | |
|---------|------|-------|-------|-------|-------|----|-------|
| 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

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

2004 VMA Championships

Entry Form

SURNAME _____ CALLNAME _____

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

Prevention of Running Injuries

Article from www.sportsinjuryclinic.net/cybertherapist/bysport/running.htm

Running injuries can be prevented by selecting the *correct running shoe* for your style, *warming up* and *cooling down*, *stretching* and strengthening and probably most importantly for the runner a *gradual* and progressive training programme. *Sports massage* and *nutrition* can also play a part.

Shoe Selection

It is important you know if your feet are 'neutral', 'supinate' or 'pronate'. The runner that pronates (feet roll inwards) when they run will require a different running shoe to the supinator (rolls out). If you are not sure which you are then visit a specialist running shoe shop - not a high street fashion shop for your shoes.

Shoes are generally divided into two categories:

1. Neutral shoes may be well cushioned for shock absorption but have no special features to correct the motion of your foot.
2. Motion control shoes will have extra support on the inside to help prevent the foot rolling in or pronating.

The runner that supinates should choose a neutral shoe with good cushioning. A pronating runner needs a motion control shoe with medial support or in more severe cases *orthotic devices* may be required. (If you wear orthotics then a stable, neutral shoe is what is needed).

Warm Up

Warming up is often overlooked but should be part of your injury prevention routine. A good warm will:

- a. Increase the temperature of muscles - they work better at a temperature of 40 degrees.
- b. Increase blood flow and oxygen to muscles.
- c. Increase the speed of nerve impulses - making you faster.
- d. Increase range of motion at joints reducing the risk of tearing muscles and ligaments.

Warm up will not only help avoid injury but will also improve performance. A warm up should consist of:

1. Gentle jog to circulate blood and oxygen supplying the muscles with more energy to work with.
2. Stretching to increase the range of motion at joints. Emphasis should be placed on stretching the hip flexor muscles, quadriceps, hamstrings, lower back, adductor muscles as well as those on the outside of the hips.

The warm up should last around 10 - 15 minutes. Do not warm up too early. The benefits are lost after about 30 minutes of inactivity.

Cool Down

This is also often overlooked in favor of the bar but can help avoid injuries and boost performance. The aim of the cool down is to:

1. Gradually lower heart rate.
2. Circulate blood and oxygen to muscles, restoring them to the condition they were in before exercise.

3. Remove waste products such as lactic acid.
4. Reduce the risk of muscle soreness.

The cool down should consist of a gentle jog followed by light stretching.

Sports Massage

Getting a regular sports massage can flush the muscles of waste products and release tight knots, lumps and bumps in muscles that if left may cause strains and tears. It is possible for a good sports massage therapist to identify potential trouble spots long before they become injuries.

Nutrition and Hydration

Proper nutrition is important. A bad diet will prevent you from recovering from training sessions making you more prone to injury. A balanced diet is what you should aim for:

1. Carbohydrate is important for refueling muscles.
2. Protein rebuilds muscles.
3. If you become dehydrated then less blood will flow through muscles. The muscles will be more prone to injury.
4. Vitamins and minerals are required for a number of reasons related to recovery.

Much of what is discussed above should be part of your sporting routine. A biomechanical analysis can help identify possible injury risks. Assessment from a sports therapist or specialist can identify weak areas and possible injury risks. A course of exercises specific to your needs can give you the best chance of avoiding injury.

Trainings

Not allowing your body to recover properly from training will eventually result in injury. You should increase weekly mileage by not more than 15% on the previous week. Your body needs time to rebuild itself stronger before the next training session. Remember - you are not training when you are training, you are training when you recover! Sleep is also an important part of your training. If you are not getting enough, get it sorted.

VMA Committee Meeting

Monday 19th January 2004

Club Captain's Report – David Sheehan

David handed out his planned chart for organised Runs/Walks for VMA for the next 12 months. He made suggestions re date changes for the Half Marathon, the 10K CC, the 10K Track and do away with the 25K Run at Footscray.

It was agreed to run the 10K at Knox (if available) on Saturday 15 May and to run the Half Marathon in conjunction with the Burnley Half Marathon conducted by AV on Sunday 12 September. It was agreed to run the 10K CC at Fairfield on Sunday 6 June providing Collingwood can arrange. The 10 Miler is still listed for Sunday 15 August at Carlton.

Venue Reports

Ken Walters raised an item about State Championships - should we continue to hold these, because only a third of people compete.

Also questioned awarding of medals at championship events. It was agreed to check entries this year against last year to see the outcome since we will lift the entry fee by \$1. The above issues should be raised at next Venue Managers Meeting to be held on 20 February 2004.

Doncaster - Richard Trembath

Doncaster received a grant of \$1000 from the City of Manningham for development and promotion. He explained there was a proviso that Doncaster venue form closer ties with Little Athletics and that the setting up of a web site and printing of business cards promoting Masters Athletics, had been approved.

Sponsorship of more than \$5000 has been obtained for The Landy Trophy on February 16. This involves a total of six individual sponsors and is partly in cash and partly in other forms, including merchandise, printing and trophies.

Trophies for the three events, The Landy Trophy, The Manningham Mile (for members of Doncaster Athletic Club) and The Doncaster Dash (for members of Doncaster Little Athletics) will amount to a total value of about \$3500, which includes a \$1600 perpetual trophy donated by the City of Manningham for The Manningham Mile. The venue has received about 20 entries so far for The Landy Trophy, which has a field limit of 64. It is uncertain whether John Landy will be present, due to his commitments as Governor of Victoria, however, if not, the presentation will be made by another ex-Olympian.

Richard also advised that demonstration of timing mechanism will be given by Glen Bailey on Friday Jan 23 at Doncaster. Richard and Don will be present. An ad appears in latest issue of N & R (Page 13) seeking help and if anyone was interested, Tony should tell them to be at Doncaster for this demonstration.

Motion

It was agreed in principle, that Victorian Masters Athletics Committee Meetings would be held on the first Monday of each month. If a public holiday fell on this date, then this would be taken into account. Motion carried

VMA Committee Meeting

MONDAY 2 February 2004

CLUB CAPTAIN'S REPORT - David Sheehan

David advised the 6th of June course at Collingwood for the 10K Cross Country is available. Knox Venue are happy to have the 10K Track event providing the track is available. If not available on the night, then Aberfeldie venue will be sought out. David is in process of making contact with the organisers to fit our people in the Half Marathon in September. The results for the 10-mile road event at Princes Park and the Marathon results have not been printed on the web site.

Doncaster - Richard Trembath

Richard reported that response had been poor for the John Landy trophy night and the figures were well down on last year. They are hoping to have around 115 people (this includes Juniors) competing on the night. John Landy is unable to attend, but other celebrities will be there, such as David Culbert, (dual Olympian, chairman of selectors for AA, who will be presenting the trophy. Also in attendance will be ex Olympians Peter Norman, Gary Honey, Ray Weinberg, Charlene Rendina, Ken Doubleday, Les Perry and the Mayor of Manningham. There was a very large article in the local Gazette promoting this night.

Richard advised that they had 1200 business cards printed for members to distribute to other potential members and that they have set up a web site.

East Burwood

A flyer was sent out to all venues asking them to promote their night for the one-mile challenge, as well as many other events on the night.

PUBLICITY - Rob Waters

Rob once again stressed the fact that we need to produce a flyer promoting our Club. Maybe business cards printed for each venue location.

News & Results - Rob advised that this is now in hand with Lindsay and Vicki who are working together on future issues.

Alan Lucas was nominated to oversee magazine and veto any articles not suitable, before it went to final print.

GENERAL BUSINESS

A letter was received from members of Aberfeldie and Altona expressing disappointment at cancellation of 25K which is usually held at Footscray Boathouse. A reply will follow.

The WMA advised that dates for Games in San Sebastian had been changed to 22nd - 30th August and this information had been passed to Venue Managers.

Graham Philpott advised that there had been little publicity for the Australian Decathlon & Heptathlon Championships being held very soon.

It was confirmed that there would be no Relays in the Vic Championships.

Ted McCoy advised he would be stepping down from the committee after 15 years of dedicated service. He is not leaving the club entirely and will continue to run Mentone Venue as well as assist with other events when needed. He thanked the committee for their contribution and wished them well. Rob responded and thanked Ted for his wonderful contribution over the years. Tony and Graham also praised Ted and thanked him for his warmth and friendship during his time with the Club.

Tony requested that all those delegates who expressed interest when we formed NOC as helpers, to attend the meeting on Monday 9 February. At this meeting, jobs will need to be allocated to Venue Managers.

Graham Philpott produced the first sample of new ladies crop top and briefs and a singlet for the men. The crop top was greeted in a favourable manner, but needed some alteration to the colours on the back. The singlet shown was an acceptable style, but we are yet to see this in club colours. Graham hoped to bring along Samples No 2 for the next meeting.

HELP AT THE NATIONALS

We are desperate for help with the Nationals at Easter. Your club needs you. Even if you are competing you may have a half day or two to offer. Many hands make light work. No experience necessary, but if you are experienced or qualified in an area, don't waste that. Please check out these areas and volunteer for as many sessions as you can.

Administration. (Send the form to Don McLean,
2/89 Eley Road,
Box Hill South VIC 3128
donaldmc@bigpond.com

(Sign-ins from the board, results tent, run results to the computer, input into computer, results to board, paper flow to marshalls & presentations, liaison with photo finish, etc.)

Track & Field Officiating.(Send the form to Tony Bradford
6 Merrett Avenue
Hoppers Crossing VIC 3030
abradrns@rabbit.com.au

(Anything from official starter, throws judge, safety judge, recorder, lap counter, to general helper at an event. Tell Tony if you are a qualified official, or if you have a preference for an event. Attending to the officials' room, making tea, coffee, light refreshments.)

Registration Room, Packages &c
(Send the form to Colin Browne, 4 Victory Street, Mitcham VIC 3132
cfbrowne@ozramp.net.au

(Fill entrants' packages, set up room, attend the registration desks, give out packages, give information, attend merchandise table, etc.)

Name _____

Address _____

Phone _____

E-mail _____

I am available for _____ session(s) at the Nationals.

The area for which I volunteer is _____

The sessions for which I am available are:

- Tuesday April 6th at Croydon, filling entrants' packages. 7pm _____
- Thursday April 8th at Olympic Park for Registration am _____
- Thursday April 8th at Olympic Park for Registration pm _____
- Friday April 9th at Olympic Park, all areas am _____
- Friday April 9th at Olympic Park, all areas pm _____
- Saturday April 10th at Olympic Park, all areas am _____
- Saturday April 10th at Olympic Park, all areas pm _____
- Sunday April 11th at Olympic Park, all areas am _____
- Sunday April 11th at Olympic Park, all areas pm _____
- Sunday April 11th at at Caulfield, weight pentathlon pm _____
- Monday April 12th at Olympic Park, track and field am _____
- Monday April 12th at Olympic Park, track and field pm _____
- Monday April 12th at Albert Park, road walks am _____
- Monday April 12th at Yarra Bend, cross country am _____

Lindsay Thomas Memorial Run

By Ken Hough

Again this year we were greeted with pleasant weather conditions at Braeside Park on Wednesday 21st January, 2004 for the running of the 12th annual Lindsay Thomas Memorial Run/Walk.

In the three events we had 122 competitors, 49 in the 10.4km run, 36 in the 5.2km run and 37 in the 5km walk. The night was attended by Masters Athletes from 8 Melbourne Venues as well as a handful of non-venue members and 32 visitors made up of members and friends of the Thomas family.

A special thanks goes to Mick Colgan for marking out the course, and then assuming the role of timekeeper. There were also a number of other people whose assistance was very much appreciated, taking entries, tabulating results, manning the drink station, providing supper and the course marshals. My thanks also to the numerous people who donated the spot prizes.

The first Masters Athlete to complete the 10.4km run in a close finish was Jeff Boot (runner up in 2003) only 3 seconds in front of Russell Johnson with Colin Page finishing strongly in third place.

In the ladies, Bronwen Cardy recorded a comfortable win over Sharon Higgins, with last year's winner Kate Weeks finishing in third place.

Results of the events were:

10.4 km run Male

1st Jeff Boot (Caulfield) 38.20
 2nd Russell Johnson (Mentone) 38.23
 3rd Colin Page (Croydon) 38.44
 1st over 50 (not placed)
 Sam Defanis (East Burwood) 39.52
 1st over 60 (not placed)
 John Gage (non-venue member) 42.43

Female

Bronwen Cardy (Caulfield) 40.33
 Sharon Higgins (non-venue member) 41.43
 Kate Weeks (Mentone) 42.59
 Petrina Trowbridge (non-venue member) 44.11
 Helen Myall (Springvale) 56.06

5.2km run Male

1st Dean Copland (Springvale) 19.24
 2nd Bill Sellick (Springvale) 21.07
 3rd Bill Irvine (Springvale) 21.55

Female

Bronwyn Hanns (Mentone) 21.21
 Anna D'Alberto (Knox) 22.14
 Jenny Field (Springvale) 27.57

5.2km walk Male

1st Tony Johnson (Springvale) 29.31
 2nd Tony Doran (Springvale) 31.47
 3rd John Morrison (Mentone) 32.06

Female

Heather Carr (Southern Peninsula) 29.35
 Ann Holcombe (Caulfield) 29.44
 Gwen Steed (Mentone) 31.04

NEW VICTORIAN, AUSTRALIAN & PENDING WORLD RECORDS

| Age | Event | Name | State | Perform | %Std | Date | Location |
|-------------------------------|---------------|------------------|-------|-----------|------|-------------|-------------------|
| Pending World Records: | | | | | | | |
| W45 | 10k Walk | Lynette Ventris | WA | 46:35.65 | 98% | 8-2-02 | AIS, Bruce ACT |
| W45 | 3k Walk | Lynette Ventris | WA | 13:57.43 | 94% | 16-3-02 | Floreat, WA |
| M55 | 30k Road Walk | Andrew Jamieson | Vic | 2:32:04.4 | 95% | 9-11-03 | Middle Park, Vic |
| W80 | Hammer | Gwen Davidson | Vic | 22.60m | 81% | 5-11-03 | Canberra, ACT |
| W50 | 800m | Jeanette Flynn | Qld | 2:17.87 | 98% | 19-12-03 | St Lucia, Qld |
| W50 | 800m | Jeanette Flynn | Qld | 2:16.78 | 99% | 7-2-04 | QEII, Brisbane |
| Australian Records: | | | | | | | |
| W75 | 400m | Marion Skarratt | Tas | 1:41.26 | 73% | 1-3-97 | Hobart, Tas |
| W65 | 300m Hurdles | Anna Zeitzen | Tas | 80.52s | 68% | 1-4-00 | Hobart, Tas |
| M30 | Decathlon | Matt McEwen | Qld | 7,705 pts | 76% | 15&16-2-03 | St Lucia, Qld |
| M30 | 100m | Matt McEwen | Qld | 11.23s | 88% | 15-2-03 | St Lucia, Qld |
| M30 | Long Jump | Matt McEwen | Qld | 7.20m | 80% | 15-2-03 | St Lucia, Qld |
| M30 | High Jump | Matt McEwen | Qld | 1.97m | 82% | 15-2-03 | St Lucia, Qld |
| M30 | 110m Hurdles | Matt McEwen | Qld | 15.22s | 85% | 16-2-03 | St Lucia, Qld |
| M30 | Pole Vault | Matt McEwen | Qld | 4.80m | 78% | 16-2-03 | St Lucia, Qld |
| W75 | 800m | Shirley Brasher | Tas | 4:00.16 | 77% | 16-3-03 | Hobart, Tas |
| W70 | 80m Hurdles | Anna Zeitzen | Tas | 20.5s | 76% | 22-3-03 | Newcastle, NSW |
| W70 | 300m Hurdles | Anna Zeitzen | Tas | 96.1s | 60% | 23-3-03 | Newcastle, NSW |
| W70 | Shot Put | Heather Doherty | Qld | 8.02m | 79% | 18-10-03 | QEII, Brisbane |
| W75 | Pole Vault | Garvin Brown | Qld | 2.85m | 87% | 18-10-03 | QEII, Brisbane |
| M80 | Shot Put | Felix Jekabsons | Qld | 9.41m | 79% | 5-11-03 | Canberra, ACT |
| M75 | 1500m Walk | Ron O'Neil | SA | 9:27.11 | 81% | 5-11-03 | Canberra, ACT |
| M40 | 800m | Robert McCubbin | Vic | 1:54.57 | 95% | 6-11-03 | Olympic Park, Vic |
| M30 | 110m Hurdles | Matt McEwen | Qld | 14.95s | 87% | 14-11-03 | St Lucia, Qld |
| W50 | 1500m | Jeanette Flynn | Qld | 4:52.85 | 93% | 14-11-03 | St Lucia, Qld |
| M35 | Pole Vault | Howard Arbuthnot | Qld | 4.50m | 80% | 21-11-03 | St Lucia, Qld |
| M45 | Weight Throw | Bob Wagner | Qld | 15.78m | 79% | 22-11-03 | QEII, Brisbane |
| W70 | Discus | Heather Doherty | Qld | 24.47m | 73% | 22-11-03 | QEII, Brisbane |
| W50 | 1500m | Jeanette Flynn | Qld | 4:44.53 | 96% | 28-11-03 | St Lucia, Qld |
| M35 | Pole Vault | Howard Arbuthnot | Qld | 4.60m | 81% | 5-12-03 | St Lucia, Qld |
| W60 | 3k | Lavinia Petrie | Vic | 11:58.9 | 88% | 6-12-03 | Knoxfield, Vic |
| M40 | 800m | Robert McCubbin | Vic | 1:53.52 | 95% | 9-12-03 | Olympic Park, Vic |
| M45 | 1500m Walk | Paul Kennedy | Vic | 6:14.29 | 92% | 16-12-03 | Aberfeldie, Vic |
| M30 | 100m | Matt McEwen | Qld | 11.19s | 88% | 9-1-04 | St Lucia, Qld |
| M30 | Pole Vault | Matt McEwen | Qld | 4.90m | 82% | 10-1-04 | St Lucia, Qld |
| W55 | Pole Vault | Hazel McDonnell | Qld | 2.05m | 69% | 17-1-04 | QEII, Qld |
| M75 | Javelin | Rudi Hochreiter | Vic | 32.47m | 74% | 31-1-04 | Geelong, Vic |
| Victorian Records: | | | | | | | |
| M60 | Half Marathon | Barry Brooks | | 88:39 | 84% | 14-9-03 | Burnley, Vic |
| W60 | Hammer | Astrid Rose | | 35.08m | 84% | 5-10-03 | Canberra, ACT |
| M45 | Decathlon | Terry Hicks | | 5,035 pts | 57% | 29&30-11-03 | Bendigo, Vic |
| M45 | Decathlon | Terry Hicks | | 5,291 pts | 65% | 17&18-1-04 | Doncaster, Vic |

Clyde Riddoch, VMA & AMA Records Officer, GPO Box 1777, Melbourne Vic 3001
 Telephone 03 9204 7085 (W), Mobile 0439 902 907, Fax 03 9204 7485,
 Email: clyde.riddoch@auspost.com.au

ANDY SALTER RELAY – 2004

The 21st running of the Andy Salter relay was contested at Springvale on 4/2/04. Ideal conditions were the order of the night, with a mild temperature and a light breeze. No excuses for not running a good time.

The Challenge division was contested by 5 teams, probably the lowest number we have had. However, despite the small number of teams, a very close race for line honours took place. At the last change Caulfield held a slender 10 second margin over last year's winners, Knox. The Caulfield runner was up to the task and managed to increase the final margin to 18secs, or approximately 90 metres, which is not much over a total distance of 12.4 kms. The host venue, Springvale, took out 3rd place but was never a serious threat.

Results were:

- 1st – Caulfield – 42.45 – Carmel Papworth, Jim Berrington,
Jeff Boot, Jim Peterson
- 2nd – Knox – 43.03 – Graeme Letticq, Bert Pelgrim, Julie Norney,
Paul Twining
- 3rd – Springvale – 45.08 – Tony McGarrigle, Theresia Baird,
Dean Copland, Chris Murphy

Fastest times were: Female – Carmel Papworth (Caulfield) – 10.49
Male – Martin Leggett (Frankston) – 10.15

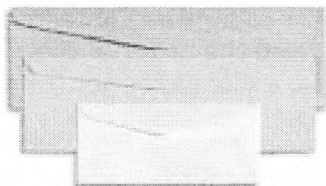
In the Fun Run division 23 teams competed. The Springvale team of Bill Sellick, Ken Boocock, Alan Bennie and Peter Field took line honours in 46.39

The estimated time team walk attracted 5 teams, with a team from Springvale (Frank Allen, Celia Johnson and Tony Johnson) finishing only 2 seconds from their estimated time. A commendable effort.

To celebrate the 21st running of the event, spot prizes went to the members of the 21st team (runners and walkers) to finish. The lucky recipients were a Croydon team of Andrew Tunne, Susan Gamble, Al Willey and Mohammed Ghotb.

A total of 9 venues were represented and a good night was had by all. A fine supper was enjoyed after the serious business of competing where the great comradeship of the Masters showed through with much discussion on how everyone was running. Thanks to all who helped make the night a success, particularly all those who helped provide the supper.

Your Letters



THE \$2 MENTALITY

What do I get for my \$2?

I get to run on a million-dollar track for a minimum period of two hours. The track is made ready for my use. Someone puts out the clock, clears the barriers and prepares the area for my competition.

I get an organised competition and a variety of events from which I may choose to run, one or all, or just train in company or on my own.

I get to socialise with like-minded people. I get my times taken and recorded for me. Handicaps are calculated for my handicap events. Handicap and NOT events results are calculated for me and I may even win a prize.

There is a marshal, a starter, judges, timekeepers and recorders all at the ready for my events. I am not committed to competing but I expect these people to be ready if I wish to do so.

I have the use of a clubroom with shower, toilet and kitchen facilities. The clubroom is set up for my use with tables set out with information I may wish to use.

All this for just \$2. But Wait. There's more!

Somebody brings supper for me. I can have as many cups of tea or coffee as I like and I can keep eating until all

the food has gone. I have people who see that the water is hot and the food ready when I come off the track.

At the end of my competition the track is cleared, equipment stored, results transferred to computer and sent to the local paper and Around the Grounds. The clubroom is cleared of Masters material and swept by someone.

I have a team of people who maintain contact with the ground managers, pay the track rental, lighting and incidental costs. They also do the physical purchasing of pens, paper and consumables for the operation of the venue. This same team maintains financial records, manages race statistics for handicaps, PB's etc. and provides secretarial services. They work out future programs and advise me ahead of time so that I might be prepared and have the option of not turning up if the program doesn't suit me. They vary the program so that I don't get bored.

I have the choice of running at any of fifteen venues, but why should I support a venue that charges more than \$2 even if it is a special event or a better track or provides a more lavish supper?

The fact is that I don't even need to put in my \$2 if nobody is watching. Of course I help. I can remember the time I bought a plate for supper and there was that time I was late leaving and swept out the rooms.

Can we blame the \$2 mentality on the athlete? Not entirely. It is fairly natural for the majority to take advantage of the easy option in any situation.

The fact is that those of generous spirit will always be used by those less willing. The problem is that this produces a group of people who have unrealistic expectations and are not willing to accept responsibility for anything. It also stretches the capacity of the willing and burns some out or turns them away.

What to do? Clearly the unrealistic attitudes need to be changed. Realistic charges need to be levied so that at the very least the willing are reimbursed for their expenditure. This includes supper. Supper money should be spent on supper and not used on general expenses to keep the venue cost to \$2. Perhaps a sign on the supper table saying that supper is for those that have put in their supper contribution, either food or money.

The willing need to be a little more hard hearted (this is really the key to change) for the sake of the club as a whole. If the willing do not make a stand nothing will change! It needs to be pointed out that if volunteers are not available for a particular task a charge will need to be levied so that paid help can be arranged. For example an offer of \$10 a night could be made for a permanent starter or timekeeper. It is not the expenditure itself but the effect on the attitude of the \$2 runner.

Roster systems need to be in place so that everyone will contribute.

Perhaps the nightly levy needs to be collected by a cashier (rather than the honour system) with a sliding scale set. \$5, \$4, \$3 depending on the degree of assistance given. Not a nice option but the suggestion would raise the awareness of many. The cashier might give out a raffle ticket for a nightly draw by way of softening the blow. The winner would need to be at the draw at the end of the night to collect.

What other sport offers so much for so little?

The issue is mainly about the physical work that needs to be done and finding a way to motivate the majority. Hitting the hip pocket nerve is a good motivator. Paying members or non members for specific tasks (at non-commercial rates) and spreading the cost to all members may make some non-contributors think about contributing their time.

There must be other options if more people add their thoughts to this. This is not about making a profit this is about making responsible members.

Just as the club and the venues are not aiming to make a profit neither should the individual. The majority of members are profiting at the expense of the minority who give freely of their time and donate so much. It is always the same few who contribute on a regular basis.

The club has not had a full working committee for the past twelve months. When volunteers are called for special events such as the Australian Championships very little help is forthcoming. The club has been built on the efforts of volunteers. If we cannot continue to count on volunteers the very nature of the club would change.

A slightly separate issue is that at most venues we also get the benefit of our own \$2 mentality.

I only have specific knowledge of two tracks but it is apparent from the financial returns from venues that in most cases venues are not paying commercial rates.

Council and the ground managers mostly cover maintenance and upgrades. With the gradual shift to user pays these costs are bound to be passed on in one form or another.

At one venue the track is rented out at \$100 per session, non-negotiable, to all other users. Masters receive a rate of \$40 per session at the moment. Similarly the track is due for maintenance next January at a cost of \$200,000. The council will pay half with the other half payable by the ground managers. This cost has been apportioned and passed on at some venues. Members need to be aware of future cost pressures. I suggest that each venue needs a minimum of \$10,000 in reserve for such an event. Often this takes many years to accumulate but can be wiped out with one bill.

**Victorian Masters Athletic Club Inc. (VMACI)
Club Records as at 19 January 2004**

| MEN | | | WOMEN | | |
|-----------------------|---------|-----------|----------------------|---------|-----------|
| | | DATE | 100 METRES | | DATE |
| 100 METRES | | | | | |
| M30 *Marc Larose | 11.0 | 20-Mar-93 | W30 Lisa Ford | 12.4 | 6-Dec-97 |
| Ashley Rowan | 10.67 | 13-Jan-00 | Suzanne Broadrick | 11.57 | 18-Aug-00 |
| M35 *Peter O'Dwyer | 11.04 | 8-Oct-02 | W35 Debra Tomsett | 12.3 | 19-Mar-94 |
| M40 Garry Barker | 11.2 | 18-Mar-84 | W40 Debra Tomsett | 12.4 | 28-Mar-98 |
| Martin Hodgson | 11.2 | 28-Mar-98 | W45 Barbara Blurton | 12.9 | 25-Mar-95 |
| Glenn White | 11.2 | 8-Apr-00 | W50 Anne Stobaus | 13.7 | 25-Mar-95 |
| M45 *Bob Wishart | 11.2 | 18-Mar-89 | W55 Anne Stobaus | 14.1 | 28-Mar-98 |
| M50 Gary Barker | 11.6 | 25-Mar-95 | W60 Jan Morrey | 14.7 | 16-Mar-02 |
| M55 Gary Barker | 11.8 | 20-Mar-99 | W65 Gwen Davidson | 15.6 | 1-Mar-90 |
| M60 Rudi Hochreiter | 12.5 | 1-Dec-86 | W70 Gwen Davidson | 15.9 | 20-Mar-93 |
| M65 Rudi Hochreiter | 13.2 | 19-Mar-94 | W75 *Gwen Davidson | 18.00 | 1-Sep-99 |
| M70 Rudi Hochreiter | 13.6 | 3-Nov-96 | W80 Nance Jeffreys | 24.18 | 21-Oct-89 |
| M75 *Mike Johnson | 14.3 | 15-Mar-97 | | | |
| M80 *Mike Johnson | 15.1 | 16-Mar-02 | | | |
| M85 *Charlie Booth | 16.98 | 1-Jul-89 | | | |
| M90 Charlie Booth | 23.03 | 7-Oct-95 | | | |
| 200 METRES | | | 200 METRES | | |
| M30 Terry Baldwin | 22.4 | 24-Mar-96 | W30 Lisa Ford | 25.5 | 14-Dec-96 |
| Cameron Mackenzie | 21.18 | 17-Feb-00 | *Denise Boyd | 23.09 | 20-Mar-83 |
| M35 *Peter O'Dwyer | 21.98 | 30-Nov-02 | W35 Chris McArdle | 25.55 | 3-Aug-89 |
| M40 Bob Wishart | 22.0 | 14-Mar-82 | Debra Tomsett | 25.3 | 20-Mar-94 |
| M45 Bob Wishart | 23.4 | 1-Mar-88 | W40 Judy Pollock | 26.6 | 3-Apr-83 |
| M50 Joe Tennant | 23.4 | 30-May-09 | Debra Tomsett | 26.6 | 29-Mar-98 |
| M55 Keith Howden | 24.68 | 15-Apr-01 | W45 Barbara Blurton | 26.0 | 24-Mar-96 |
| M60 Rudi Hochreiter | 26.3 | 1-Mar-87 | W50 Anne Stobaus | 27.7 | 24-Mar-96 |
| M65 Graeme Noden | 27.2 | 5-Apr-03 | W55 Anne Stobaus | 28.8 | 16-Mar-97 |
| M70 Charles Scarff | 28.1 | 20-Mar-94 | W60 Anne Stobaus | 31.0 | 31-Mar-02 |
| M75 *Mike Johnston | 29.76 | 12-Apr-98 | W65 Gwen Davidson | 32.7 | 1-Mar-87 |
| M80 *Mike Johnston | 31.82 | 31-Mar-02 | W70 Gwen Davidson | 34.6 | 11-Apr-93 |
| M85 *Harry Gathercole | 37.22 | ? | W75 Grace Smith | 63.86 | 2-Apr-94 |
| M90 Vic Younger | 58.1 | 17-Mar-03 | | | |
| 400 METRES | | | 400 METRES | | |
| M30 Andrew Wilcox | 49.41 | 11-Oct-02 | W30 Rhonwen Binney | 58.3 | 1-Apr-90 |
| Cameron Mackenzie | 46.87 | 15-Jan-00 | *Raelene Boyle | 51.08 | 9-Apr-82 |
| M35 Peter O'Dwyer | 48.69 | 11-Oct-02 | W35 Debra Tomsett | 58.04 | 30-Mar-95 |
| M40 *Noel Clough | 49.5 | 13-Aug-77 | W40 *Judy Pollock | 57.0 | 2-Apr-83 |
| M45 Max Warlow | 53.5 | 19-Mar-94 | W45 *Barbara Blurton | 57.91 | 1-Jul-95 |
| M50 Noel Clough | 53.58 | 1-Dec-87 | W50 Barbara Blurton | 61.11 | 13-Jul-01 |
| M55 *Colin McCurry | 55.08 | 12-Jul-03 | W55 *Anne Stobaus | 64.2 | 16-Nov-96 |
| M60 Richard Trembath | 59.59 | 21-Apr-03 | W60 #Anne Stobaus | 67.3 | 10-Jul-01 |
| M65 Mike Johnston | 62.0 | 1-Mar-88 | W65 Lorraine Woodman | 83.41 | 11-Oct-02 |
| M70 Mike Johnston | 66.02 | 1-Jul-95 | W70 Rowena Barker | 91.69 | 11-Oct-02 |
| M75 *Mike Johnston | 68.57 | 11-Apr-98 | W75 Corrie DeGroot | 109.0 | 30-Mar-03 |
| M80 #Mike Johnston | 72.85 | 1-Apr-02 | | | |
| M85 Jack Stevens | 108.5 | 16-Mar-02 | | | |
| 800 METRES | | | 800 METRES | | |
| M30 *Paul Schnyder | 1.55.4 | 29-Mar-97 | W30 Rosemary Lucas | 2.14.4 | 1-Mar-86 |
| John Higham | 1.47.6 | 2-Nov-82 | *Margaret Crowley | 1.59.97 | 8-Sep-00 |
| M35 *Robert McCubbin | 1.53.10 | 18-Jan-03 | W35 Ann Holcombe | 2.12.9 | 12-Dec-85 |
| M40 *Robert McCubbin | 1.53.52 | 9-Dec-03 | *Judy Pollock | 1.59.93 | 14-Jul-76 |
| M45 Neil MacDonald | 1.59.11 | 1-Aug-89 | W40 *Judy Pollock | 2.12.1 | 20-Mar-83 |
| M50 Tom Roberts | 2.00.1 | 22-Apr-84 | W45 #Barbara Blurton | 2.14.7 | 16-Feb-96 |
| M55 #Tom Roberts | 2.05.07 | 1-Jul-89 | W50 Barbara Blurton | 2.24.5 | 17-Jun-01 |
| M60 Barrie Milligan | 2.16 | 9-Apr-00 | W55 *Ann Holcombe | 2.25.0 | 27-Aug-02 |
| M65 Jack Stevens | 2.20.5 | 13-Aug-82 | W60 *Anne Stobaus | 2.40.28 | 9-Jul-01 |
| M70 *Gordon McKeown | 2.36.57 | 11-Oct-93 | W65 Barbara Dalglish | 3.13.1 | 3-May-01 |
| M75 *Mike Johnston | 2.51.71 | 29-Mar-97 | W70 Rowena Barker | 3.52.11 | 8-Oct-02 |
| M80 *Mike Johnston | 3.05.6 | 24-Mar-02 | W75 *Arley Nicholls | 4.35.7 | 1-Apr-89 |
| M85 *Eddie Gamble | 4.07 | 14-May-00 | | | |

VMACI Club Records (continued)

1500 METRES

| | | |
|----------------------|---------|-----------|
| M30 Tim Crosbie | 3.58.7 | 20-Mar-93 |
| *Pat Scammell | 3.35.62 | 17-Jul-91 |
| M35 Dean Paulin | 3.56.45 | 11-Oct-02 |
| *Pat Scammell | 3.44.25 | 14-Jun-96 |
| M40 Greg Lyons | 3.56.99 | 13-Jul-01 |
| M45 Steve Austin | 4.03.7 | 20-May-97 |
| M50 #Tom Roberts | 4.05.2 | 22-Mar-84 |
| M55 *Jack Ryan | 4.17.6 | |
| M60 Tom Roberts | 4.40.06 | 1-Jul-95 |
| M65 *Jack Ryan | 4.41.82 | 1-Nov-87 |
| M70 Randall Hughes | 5.14.8 | 25-Mar-95 |
| M75 *Randall Hughes | 5.32.09 | 3-Apr-99 |
| M80 *Peter Brownbill | 7.18 | 8-Apr-00 |
| M85 *Peter Brownbill | 8.01.6 | 30-Mar-03 |
| M90 Harry Preston | 18.41 | |

1 MILE

| | | |
|-------------------|---------|-----------|
| M30 *Pat Scammell | 3.55.17 | 25-Feb-92 |
| M35 Tim Crosbie | 4.35.5 | 2-Mar-00 |
| *Steve Austin | 4.08.97 | 18-Dec-86 |
| M40 Colin O'Brien | 4.23.2 | 12-Dec-87 |
| M45 Neil Beachley | 4.29.3 | 13-Dec-84 |
| M50 #Tom Roberts | 4.30.06 | 6-Dec-87 |
| M55 *Jack Ryan | 4.40.4 | 22-Dec-81 |
| M60 Peter Coutie | 5.15 | 1990 |
| M65 Jack Ryan | 5.05.61 | 6-Dec-87 |
| M70 Alan Burgoyne | 6.08.75 | 6-Dec-87 |
| M75 Bob Lewis | 6.33.1 | 27-Feb-03 |

3,000 METRES **NEW**

| | | |
|-----------------------|---------|-----------|
| M30 *Darren Lynch | 7.45.53 | 20-Feb-99 |
| M35 *Steve Moneghetti | 8.09.47 | 10-Dec-97 |
| M40 Carl Stevenson | 9.09.5 | |

5,000 METRES

| | | |
|----------------------|----------|-----------|
| M30 Tim Crosbie | 15.36.0 | 31-Mar-93 |
| *Steve Austin | 13.22.98 | 14-Jul-81 |
| M35 Colin O'Brien | 14.42.3 | 2-Apr-83 |
| *Steve Moneghetti | 13.43.95 | 25-Feb-98 |
| M40 *Steve Austin | 14.01.7 | 28-Nov-91 |
| M45 *Steve Austin | 14.59 | 12-Nov-97 |
| M50 *Colin O'Brien | 15.49.3 | 15-Jun-97 |
| M55 *Jack Ryan | 15.52.8 | 24-Apr-78 |
| M60 Ted Paulin | 17.58 | 9-Apr-00 |
| M65 Stan Nicholls | 18.10 | |
| M70 Randall Hughes | 19.38 | 30-Mar-97 |
| M75 *Randall Hughes | 20.18.04 | 4-Apr-99 |
| M80 *Peter Brownbill | 27.37.6 | 29-Mar-98 |
| M85 Peter Brownbill | 30.12.6 | 5-Apr-03 |

10,000 METRES

| | | |
|---------------------|----------|-----------|
| M30 Russell Johnson | 32.25 | 17-Dec-85 |
| *Steve Moneghetti | 27.48.94 | 14-Dec-95 |
| M35 Graeme Kipp | 30.41.2 | 1-Apr-83 |
| *Steve Moneghetti | 28.09.96 | 18-Dec-97 |
| M40 *Steve Austin | 29.23.05 | 1-Apr-92 |
| M45 Rodney Goodwin | 32.16.19 | 1-Dec-87 |
| M50 Theo Orr | 33.37 | 15-Mar-75 |
| M55 *Jack Ryan | 33.36.2 | |
| M60 Bob Turnbull | 37.34 | |
| M65 Stan Nicholls | 37.52.2 | 15-Nov-77 |
| M70 Alan Burgoyne | 40.40 | 17-Dec-85 |
| M75 *Randall Hughes | 43.05.41 | 21-Apr-00 |

1500 METRES

| | | |
|-----------------------|---------|-----------|
| W30 Georgann Peterson | 4.46.6 | 1-Apr-87 |
| *Margaret Crowley | 4.07.23 | 9-Aug-00 |
| W35 Dot Browne | 4.40.1 | 18-Oct-80 |
| *Judy Pollock | 4.14.22 | 28-Jul-76 |
| W40 *Dot Browne | 4.31.8 | 3-Apr-83 |
| W45 Judy Pollock | 4.40.4 | 1-Apr-85 |
| W50 Bronwen Cardy | 4.59.2 | 16-Mar-02 |
| W55 *Ann Holcombe | 5.00.1 | 23-Nov-02 |
| W60 *Jean Albury | 5.36 | 1-Apr-90 |
| *Jan Morrey | 5.36.93 | 5-Nov-00 |
| W65 Barbara Dalgleish | 6.21.7 | 26-Apr-01 |
| W70 *Shirley Young | 6.47.29 | 22-Apr-00 |
| W75 *Corrie De Groot | 8.03.4 | 30-Mar-03 |

1 MILE

| | | |
|-----------------------|---------|-----------|
| W30 *Margaret Crowley | 4.26.47 | 16-Jul-97 |
| W35 Lesley Grimes | 5.29.3 | 4-Mar-99 |
| W40 Dot Browne | 5.05 | 22-Dec-81 |
| W45 Jan Morrey | 5.52 | |
| W50 Jean Albury | 6.04 | 16-Mar-83 |
| W55 Lavinia Petrie | 6.00.8 | 2-Mar-00 |
| W60 Brenda Riley | 6.34.4 | 27-Feb-03 |
| W65 Anne Callaghan | 9.03.4 | 27-Feb-03 |
| W70 | | |
| W75 #Corrie DeGroot | 8.59.4 | 27-Feb-03 |

3,000 METRES **NEW**

| | | |
|---------------------|---------|-----------|
| W30 Anne Cross | 8.53.17 | 26-Jul-95 |
| W35 | | |
| W40 | | |
| W45 *Trish Wallace | 9.56.7 | 21-Oct-95 |
| W60 *Lavinia Petrie | 11.58.9 | 6-Dec-03 |
| W70 Rowena Barker | 14.48.5 | 9-Sep-02 |

5,000 METRES

| | | |
|-----------------------|------------|-----------|
| W30 Georgann Peterson | 17.50.3 | 1-Apr-87 |
| Anne Cross | 15.20.785 | 5-Mar-00 |
| W35 Dot Browne | 17.43.9 | |
| *Anne Cross | 15.26.658 | 5-Sep-00 |
| W40 Dot Browne | 17.09.1 | 3-Apr-83 |
| W45 *Dot Browne | 17.33.3 | 30-Mar-86 |
| W50 Bronwen Cardy | 17.44.7531 | 1-Mar-02 |
| W55 *Jean Albury | 18.49 | 1-Apr-85 |
| W60 *Theresa Baird | 19.21.3 | 28-Nov-01 |
| W65 Rowena Barker | 23.00.4 | 24-Apr-98 |
| W70 *Shirley Young | 23.21.4 | 23-Apr-00 |
| W75 *Arley Nicholls | 32.37 | 1-Apr-89 |

10,000 METRES

| | | |
|------------------------|------------|-----------|
| W30 Georgann Peterson | 36.52.8 | 1-Apr-87 |
| Carolyn Schuwalow | 32.35.835 | 5-Dec-98 |
| W35 Petrina Trowbridge | 35.49 | 16-Dec-86 |
| Carolyn Schuwalow | 34.29.2517 | 17-Aug-00 |
| W40 *Dot Browne | 35.30.5 | 1-Apr-85 |
| W45 *Bronwen Cardy | 36.06.2613 | 13-Apr-01 |
| W50 *Theresa Baird | 38.00.3 | 1-Apr-92 |
| W55 *Jean Albury | 38.38.6 | 1-Apr-85 |
| W60 #Theresa Baird | 39.21.1 | 27-Oct-01 |
| W65 Barbara Dalgleish | 48.42.879 | 1-Jul-01 |
| W70 *Shirley Young | 49.30.4321 | 1-Apr-00 |
| W75 *Corrie DeGroot | 58.43 | 4-Oct-03 |

VMACI Club Records (continued)

| | | | | | |
|---------------------------------------|-----------|-----------|---------------------------------------|----------|-----------|
| M80 Reg Barlow | 59.37 | 1-Mar-85 | | | |
| M85 *Eddie Gamble | 74.43.7 | 25-Nov-00 | | | |
| ONE HOUR RUN **NEW** | | | ONE HOUR RUN **NEW** | | |
| M30 John Duck | 18,249 | '83 | W30 | | |
| M35 Peter Hannaford | 18,304 | | W35 | | |
| M40 Peter Hannaford | 17,719 | | W40 | | |
| M45 Allan Long | 16,598 | 29-Sep-03 | W45 Annette Pelgrim | 12,550 | 19-May-03 |
| M50 Robin Broberg | 16,031 | 29-Sep-03 | W50 | | |
| M55 | | | W55 | | |
| M60 Graham Philpott | 14,549 | 29-Sep-03 | W60 #Lavinia Petrie | 13,822 | 29-Sep-03 |
| M65 Bernie Goggin | 10,662 | 29-Sep-03 | W65 | | |
| M70 | | | W70 Rowena Barker | 11,410 | 14-Apr-03 |
| M75 *Bob Lewis | 13,038 | 29-Sep-03 | W75 *Corrie De Groot | 10,049 | 14-Apr-03 |
| HALF MARATHON (BEST ON RECORD) | | | HALF MARATHON (BEST ON RECORD) | | |
| M30 Brian Simmons | 66.44 | 12-Aug-90 | W30 Bronwyn Hanns | 83.51 | 5-May-96 |
| *Steve Moneghetti | 60.06 | 24-Jan-93 | Silvana Trampuz | 72.56 | 19-Mar-00 |
| M35 John Meagher | 67.05.24 | 13-Oct-02 | W35 Petrina Trowbridge | 80.40 | 8-Jun-86 |
| Steve Moneghetti | 63.54 | 26-Apr-98 | Jenny Dowie | 76.10 | 4-Jun-95 |
| M40 Peter Hunt | 68.14 | 1-Oct-90 | W40 Petrina Trowbridge | 79.15 | 16-Aug-87 |
| Peter Gaffney | 67.27 | 13-Sep-94 | W45 Bronwen Cardy | 78.42 | 8-Oct-00 |
| M45 Neil Ryan | 71.06 | 11-Jun-88 | W50 Lavinia Petrie | 86.45 | 4-May-94 |
| M50 Neil Ryan | 74.44 | 16-Jun-93 | W55 Theresia Baird | 86.21 | 5-Aug-01 |
| M55 Barry Brooks | 74.42 | 4-Jun-95 | W60 Theresia Baird | 86.16 | 12-Dec-01 |
| M60 Barry Brooks | 82.39 | 14-Sep-03 | W65 Barbara Dalgleish | 105.52 | 5-May-01 |
| M65 Tony Berry | 86.07 | 12-Oct-02 | W70 *Rowena Barker | 112.25.6 | 13-Oct-02 |
| M70 Randall Hughes | 90.26 | 1-May-94 | W75 Grace Smith | 189.48 | 5-Jun-99 |
| M75 Sam Stapleton | 120.39 | 5-May-91 | | | |
| M80 Ken Matchett | 143.08.04 | 13-Oct-02 | | | |
| MARATHON (BEST ON RECORD) | | | MARATHON (BEST ON RECORD) | | |
| M30 *Brian Simmons | 2.26.20 | 25-Nov-90 | W30 Silvana Trampuz | 2.33.50 | 25-Apr-99 |
| *Steve Moneghetti | 2.08.33 | 2-Apr-95 | W35 Petrina Trowbridge | 2.46.50 | 12-Oct-86 |
| M35 Brian Simmons | 2.25.01 | 12-Apr-92 | Sandra Timmer-Arends | 2.44.41 | 11-10-99 |
| *Steve Moneghetti | 2.10.00 | 13-Feb-00 | W40 *Dot Browne | 2.41.24 | 17-Apr-83 |
| M40 Carl Stevenson | 2.26.44 | | W45 *Colleen Stephens | 2.51.02 | 20-Jun-09 |
| *Steve Moneghetti | 2.17.14 | 2-Mar-03 | W50 Lavinia Petrie | 3.03.36 | 3-Apr-93 |
| M45 Peter Hannaford | 2.32.16 | 14-Oct-84 | W55 *Jean Albury | 3.09.14 | 7-Jun-09 |
| M50 Barry Brooks | 2.38.13 | 5-Jun-94 | W60 *Shirley Young | 3.27.44 | 1-Jun-92 |
| M55 Barry Brooks | 2.39.57 | 20-Oct-96 | W65 *Shirley Young | 3.39.43 | 18-Jun-09 |
| M60 Barry Brooks | 2.57.25 | 14-Jul-01 | W70 *Shirley Young | 4.03.52 | 14-Oct-01 |
| M65 Randall Hughes | 2.59.45 | 6-Oct-91 | | | |
| M70 Randall Hughes | 3.09.00 | 1-Oct-95 | | | |
| M75 Ken Matchett | 4.01.19 | 20-Jun-09 | | | |
| 3,000 STEEPLECHASE | | | 2,000 STEEPLECHASE | | |
| M30 *Glenn Tarran | 10.10.7 | 7-Oct-95 | W30 Julie Norney | 8.07.9 | 30-Mar-03 |
| Bob Hendy | 8.43.2 | 20-Feb-77 | *Cristine Cronin | 7.18.8 | 11-Jan-00 |
| M35 *Jeff Broderick | 8.53.57 | 8-Feb-92 | W35 Laurel Gore | 7.48.34 | 7-Oct-02 |
| M40 *Jeff Broderick | 9.10.2 | 16-Nov-95 | W40 Janis Wright | 8.16.3 | 25-Mar-95 |
| M45 #Jeff Broderick | 9.24.4 | 10-Feb-00 | W45 Janis Wright | 8.32.5 | 28-Feb-98 |
| M50 Bob Hendy | 10.02.6 | 7-Oct-95 | W50 Janis Wright | 8.30.10 | 14-Jul-01 |
| M55 Bill Hughes | 11.12.99 | 1-Dec-87 | W55 *Jan Morrey | 9.13.5 | 29-Apr-95 |
| 2,000 STEEPLECHASE | | | W60 #Jan Morrey | 8.52.30 | 3-Nov-00 |
| M60 Graham Philpott | 7.27.33 | 19-Apr-03 | W65 *Pamela Mews | 12.04.37 | 14-Jul-01 |
| M65 Bob Gardiner | 7.51.48 | 14-Jul-01 | | | |
| M70 Peter Couttie | 9.56.27 | 17-Jan-02 | | | |
| M75 *Stan Nicholls | 10.32.2 | 1-Nov-87 | | | |
| M80 *Eddie Gamble | 12.25 | 29-Mar-97 | | | |
| M85 #Eddie Gamble | 13.50.9 | 31-Mar-01 | | | |
| 110 METRE HURDLES (.991m) | | | 100 METRE HURDLES (.84m) | | |
| M30 *Terry Baldwin | 15.1 | 23-Mar-96 | W30 Jennifer Baldwin | 16.9 | 28-Mar-98 |
| *Kyle Vander-Kyp | 13.67 | 29-Apr-03 | *Pam Ryan | 12.93 | 28-Jun-72 |
| M35 *Terry Baldwin | 15.10 | 10-Apr-98 | W35 Debra Tomsett | 16.0 | 20-Mar-93 |

VMACI Club Records (continued)

| | | | | | |
|--------------------------------|--------------------------|-----------|--------------------------------|--------------------------|-----------|
| M40 Albert Latu | 16.3 | 1-Apr-90 | | | |
| M45 Ken Priestley | 17.0 | 1-Apr-85 | | | |
| 100 METRE HURDLES | (.914m) | | 80 METRE HURDLES | (.762m) | |
| M45 Josian Phillippe | 15.5 | 28-Mar-98 | W40 Salli-ann Lee | 13.5 | 24-Apr-00 |
| M50 *Ted Barnard | 15.03 | 7-Oct-95 | W45 Joanne Russell | 13.3 | 11-Oct-03 |
| M55 David Mather | 16.63 | 18-Mar-89 | W50 Gloria Seymon | 15.1 | 1-Apr-90 |
| M60 *David Mather | 16.92 | 1-Apr-92 | W55 | | |
| M65 *David Mather | 18.24 | 28-Mar-97 | | (.686m from 2000) | |
| 90 METRE HURDLES | (.84m) | | W60 Bettina Woodburn | 19.4 | 1-Apr-85 |
| M55 *Richard Trembath | 13.8 | 20-Mar-99 | W65 Gwen Davidson | 20.09 | 1-Jul-89 |
| M60 Ken Priestley | 14.8 | 8-Apr-00 | | | |
| 80 METRE HURDLES | (.762m) | | | | |
| M65 David Mather | 14.0 | 20-Mar-99 | | | |
| M70 Charles Scarff | 14.79 | 7-Oct-95 | | | |
| M75 Stan Stankovic | 18.78 | 2-Apr-99 | | | |
| | (.686m from 2000) | | | | |
| M80 George Simpson | 33.2 | 1-Dec-87 | | | |
| M90 *Vic Younger | 44.4 | 30-Mar-03 | | | |
| 400 METRE HURDLES | (.914m) | | 400 METRE HURDLES | (.762m) | |
| M30 *Michael Skerritt | 57.0 | 29-Mar-98 | W30 Rhonwen Binney | 63.4 | 16-Mar-91 |
| Rohan Robinson | 50.7 | 26-Feb-02 | Kerry Soanes | 62.0 | 21-Dec-89 |
| M35 Terry Baldwin | 57.1 | 29-Mar-98 | W35 Mandi Cole | 64.8 | 20-Mar-94 |
| M40 *Noel Clough | 54.3 | | W40 Debra Tomsett | 67.6 | 17-Feb-01 |
| M45 Graham Ford | 62.5 | 14-Feb-96 | W45 Joanne Russell | 69.8 | 5-Apr-03 |
| | (.840m from 2000) | | | | |
| M50 Richard Trembath | 62.6 | 7-Apr-96 | | | |
| M55 *Richard Trembath | 62.60 | 4-Apr-99 | | | |
| 300 METRE HURDLES | (.84m) | | 300 METRE HURDLES | (.762m) | |
| M50 Mike Hall | 44.3 | 19-Mar-89 | W50 June Reeves | 56.69 | 1-Aug-99 |
| M55 *Richard Trembath | 44.0 | 21-Mar-99 | W55 June Reeves | 64.13 | 7-Jul-01 |
| | (.762m) | | | (.686m from 2000) | |
| M60 *Richard Trembath | 45.19 | 29-Mar-03 | | | |
| M65 Charles Scarff | 52.5 | 17-Mar-91 | | | |
| | (.686m from 2000) | | | | |
| M70 Charles Scarff | 53.8 | 20-Mar-94 | | | |
| M75 Syd Elks | 65.55 | 7-Jul-01 | | | |
| 1,500 METRES WALK | | | 1,500 METRES WALK | | |
| M30 David Long | 9.35.9 | 18-Dec-99 | W30 Sharon Schnyder | 6.48 | 29-Mar-98 |
| *Clyde Riddoch | 6.11 | 3-Dec-83 | W35 *Sharon Schnyder | 6.47 | 8-Apr-00 |
| M35 Clyde Riddoch | 6.29 | 3-Nov-88 | W40 *Heather McDonald | 6.45 | 1-Mar-90 |
| M40 Paul Kennedy | 6.15 | 3-Feb-01 | W45 *Heather McDonald | 6.49 | 23-Mar-86 |
| M45 *Paul Kennedy | 6.14.29 | 16-Dec-03 | W50 *Heather Carr | 7.10.2 | 1-Apr-01 |
| M50 *Andrew Jamieson | 6.21.1 | 4-Mar-99 | W55 *Gwen Steed | 7.50 | 8-Apr-00 |
| M55 *Murray Dickinson | 6.44.1 | 7-Oct-95 | W60 *Jean Albury | 7.39 | 1-Mar-90 |
| M60 Terry Dunn | 8.11 | 4-Mar-99 | W65 *Jean Albury | 8.07.6 | 7-Oct-95 |
| M65 Ken Walters | 8.10.4 | 4-Mar-99 | W70 Jean Albury | 8.24 | 8-Apr-00 |
| M70 Jack Kilfoyle | 9.06 | 7-Oct-95 | W75 *Jean Knox | 9.55 | 24-Mar-02 |
| M75 | | | W80 *Nance Jeffreys | 11.32 | 1-Mar-90 |
| M80 Eddie Gamble | 10.49.2 | 7-Oct-95 | W85 *Nance Jeffreys | 13.44.3 | 7-Oct-95 |
| M85 *George Knott | 12.04.6 | 7-Oct-95 | | | |
| ONE MILE WALK ***NEW*** | | | ONE MILE WALK ***NEW*** | | |
| M40 | | | W40 Sandra Howorth | 9.38.9 | 27-Feb-03 |
| M45 | | | W45 Alison Thompson | 8.08.7 | 27-Feb-03 |
| M50 | | | W50 Heather Carr | 7.58.4 | 27-Feb-03 |
| M55 Alan Lucas | 8.50.7 | 27-Feb-03 | W55 Celia Johnson | 9.04.0 | 27-Feb-03 |
| M60 Dave Herbert | 9.01.6 | 27-Feb-03 | W60 Brenda Riley | 8.49.7 | 27-Feb-03 |
| | | | W65 Margaret Beaumont | 10.44.7 | 27-Feb-03 |
| | | | W75 Jean Knox | 10.59.5 | 27-Feb-03 |
| 3,000 METRES WALK | | | 3,000 METRES WALK | | |
| M30 David Long | 19.19 | 9-Apr-00 | W30 Alison Thompson | 16.25 | 16-Mar-85 |
| *David Smith | 11.00.56 | 24-Jan-87 | Lorraine Jachno | 12.48.76 | 25-Feb-92 |
| M35 *Willi Sawall | 11.28.2 | 15-Mar-80 | W35 Patricia Baker | 17.49 | 16-Mar-85 |
| M40 #Willi Sawall | 11.28.21 | 21-Feb-82 | Alison Baker | 14.29.7 | 2-Dec-99 |

VMACI Club Records (continued)

| | | | | | |
|---------------------------------------|-----------|-----------|---------------------------------------|------------|-----------|
| M45 *Paul Kennedy | 12.50.2 | 11-Feb-03 | W40 *Heather McDonald | 14.26 | 3-Jul-91 |
| M50 *Andrew Jamieson | 12.59.5 | 27-Jan-00 | W45 Heather McDonald | 14.53.681 | Oct-94 |
| *Willi Sawall | 12.56 | 2-Dec-93 | W50 Heather McDonald | 15.26.817 | Mar-03 |
| M55 *Murray Dickinson | 13.50 | 26-Mar-95 | W55 *Gwen Steed | 16.34 | 7-Feb-98 |
| *Willi Sawall | 12.44 | 14-Dec-96 | W60 *Gwen Steed | 17.29.198 | Mar-03 |
| M60 *Murray Dickinson | 14.16 | 21-Mar-99 | W65 *Betty Newman | 18.49 | 1-Nov-90 |
| M65 #Tom Daintry | 14.57 | 26-Mar-78 | W70 Jean Knox | 19.56.297 | Nov-98 |
| M70 #Tom Daintry | 15.51 | 10-Apr-82 | W75 *Dorothy Jack | 22.29 | 1-Oct-94 |
| M75 *Tom Daintry | 17.07.8 | 5-Apr-87 | W80 Nance Jeffreys | 24.00 | |
| M80 #Tom Daintry | 18.44 | 5-Apr-92 | W85 #Nance Jeffreys | 27.36 | 1-Oct-94 |
| M85 #Gus Theobald | 19.31 | 10-Apr-82 | | | |
| M90 #Gus Theobald | 21.21 | 5-Apr-87 | | | |
| 5,000 METRES WALK | | | 5,000 METRES WALK | | |
| M30 Kevin Cassidy | 26.46 | 20-Mar-93 | W30 Sharon Schnyder | 24.42 | 28-Mar-98 |
| *David Smith | 18.52.87 | 21-Feb-86 | Lorraine Jachno | 22.17.3214 | Jan-90 |
| M35 Mark Donahoo | 21.21 | 19-Mar-94 | W35 Heather McDonald | 24.56 | 1-Jun-89 |
| Simon Baker | 19.57.43 | 12-Mar-94 | W40 *Heather McDonald | 24.39.8 | 18-Jul-91 |
| M40 #Willi Sawall | 19.45.65 | 31-Mar-84 | W45 Heather McDonald | 25.04.5 | 1-Oct-94 |
| M45 Murray Dickinson | 22.59.60 | 6-Dec-87 | W50 Heather Carr | 25.24 | 17-Jun-01 |
| *Willi Sawall | 21.12.19 | 31-Mar-90 | W55 #Jean Albury | 26.46.921 | Dec-87 |
| M50 *Andrew Jamieson | 22.19.3 | 22-Feb-01 | W60 *Brenda Riley | 27.33.0 | 19-Apr-03 |
| *Willi Sawall | 21.38.3 | 19-Mar-92 | W65 #Jean Albury | 27.57 | 6-Oct-95 |
| M55 *Andrew Jamieson | 22.40.11 | 4-Jul-01 | W70 *Jean Albury | 29.42.7522 | Apr-00 |
| #Willi Sawall | 22.11.5 | 26-Jan-97 | W75 *Jean Knox | 35.29 | 16-Mar-02 |
| M60 *Murray Dickinson | 24.26.94 | 3-Apr-99 | W80 *Nance Jeffreys | 39.04 | 1-Apr-90 |
| M65 *Tom Daintry | 25.44 | | W85 *Nance Jeffreys | 45.08 | 6-Oct-95 |
| M70 #Tom Daintry | 26.49.3 | 10-Apr-82 | | | |
| M75 *Tom Daintry | 28.02.26 | 1-Dec-87 | | | |
| M80 *Gus Theobald | 30.42 | 8-Aug-77 | | | |
| M85 #Gus Theobald | 33.14.2 | 10-Apr-82 | | | |
| M90 #Gus Theobald | 35.09.5 | 1-Apr-87 | | | |
| 10k ROAD WALK (BEST ON RECORD) | | | 10k ROAD WALK (BEST ON RECORD) | | |
| M30 *David Smith | 38.20.9 | 15-Sep-85 | W30 Kylie Bonney | 53.01 | 17-Jan-02 |
| M35 Mark Donahoo | 43.45 | 9-Apr-94 | Lorraine Jachno | 45.25 | 19-May-91 |
| M40 *Mark Donahoo | 43.47.9 | 26-Jun-99 | W35 Heather McDonald | 50.51 | 1-Jul-89 |
| M45 *Mark Donahoo | 46.40.4 | 21-Jun-03 | W40 *Heather McDonald | 49.37 | 16-Jun-90 |
| M50 *Andrew Jamieson | 45.41 | 26-Jun-99 | W45 *Heather McDonald | 50.35 | 4-Jun-95 |
| *Willi Sawall | 44.10.1 | 5-Jan-92 | W50 Heather Carr | 53.35 | 16-Apr-01 |
| M55 *Andrew Jamieson | 47.30.1 | 14-Jun-03 | W55 *Gwen Steed | 57.59 | 25-Jul-98 |
| M60 *Murray Dickinson | 49.35 | 29-Aug-98 | W60 #Brenda Riley | 55.28 | 6-Sep-03 |
| M65 #Murray Dickinson | 54.54.5 | 23-Aug-03 | W65 *Betty Newman | 62.24 | 1-Apr-90 |
| M70 #Tom Daintry | 54.17 | 9-May-81 | W70 *Jean Albury | 62.31 | 24-Apr-00 |
| M75 *Tom Daintry | 64.39 | 22-Jul-90 | W75 Jean Knox | 74.27 | 12-Oct-02 |
| M80 *Tom Daintry | 64.23 | 25-Apr-93 | W80 *Nance Jeffreys | 77.32 | 1-Oct-89 |
| M85 *George Knott | 88.29 | 31-Mar-97 | W85 #Nance Jeffreys | 92.41 | 8-Oct-95 |
| M90 #Gus Theobald | 77.52 | 22-Jan-90 | | | |
| 20k ROAD WALK (BEST ON RECORD) | | | 20k ROAD WALK (BEST ON RECORD) | | |
| M30 *David Smith | 1.19.22 | 19-Jul-87 | W30 Sue Cook | 1.41.13 | 14-Jul-80 |
| M35 #Willi Sawall | 1.24.04.3 | 23-Mar-80 | W35 Heather McDonald | 1.52.12 | 8-May-88 |
| M40 #Willi Sawall | 1.21.36 | 4-Jul-82 | W40 #Heather McDonald | 1.42.22 | 24-Sep-93 |
| M45 #Willi Sawall | 1.25.03 | 27-Aug-88 | W45 *Kathy Woodward | 1.48.01 | 8-May-94 |
| M50 *Andrew Jamieson | 1.34.38 | 18-Jul-99 | W50 Celia Johnson | 1.53.05 | 16-Aug-98 |
| M55 #Andrew Jamieson | 1.35.12.7 | 18-Aug-01 | W55 *Penny Hall | 2.08.51 | 1-Sep-96 |
| M60 *Murray Dickinson | 1.43.32 | 8-May-99 | | | |
| M65 #Tom Daintry | 1.51.18 | 13-Jan-81 | | | |
| M70 *Tom Daintry | 2.00.16 | 8-Apr-85 | | | |
| M75 *Tom Daintry | 1.59.20 | 22-Jun-86 | | | |
| M80 *Gus Theobald | 2.11.54.4 | 13-Aug-77 | | | |
| M85 #Gus Theobald | 2.26.07 | 21-Aug-82 | | | |
| M90 #Gus Theobald | 2.34.01 | 21-Apr-87 | | | |

VMACI Club Records (continued)

30k ROAD WALK (BEST ON RECORD)

M55 *Andrew Jamieson 2.32.04.49-Nov-03

HIGH JUMP

M30 *Terry Baldwin 1.90 2-Apr-94
 Bill Spiers 1.93 ?
 M35 Brendan Leane 1.90
 M40 *Graeme Morrish 1.95 10-Apr-82
 M45 Julien Cosmos 1.70 14-Mar-82
 M50 Tom Hancock 1.61 1-Nov-87
 M55 Tom Hancock 1.60 23-Nov-91
 M60 *Tom Hancock 1.54
 M65 *Tom Hancock 1.47 16-Mar-02
 M70 Gordon Gourlay 1.38 14-Apr-01
 M75 *Rudi Hochreiter 1.23 18-Jan-02
 M80 Andy Smith 1.00 29-Apr-95
 M85 Vic Younger 1.00 31-Mar-01
 M90 *Vic Younger 0.92 22-Feb-03

LONG JUMP

M30 Terry Baldwin 6.48 19-Mar-94
 Roger Groppi 6.48 25-Mar-95
 *Leigh Stuart 7.93 24-Mar-01
 M35 *Russell Sarah 6.82 19-Mar-83
 M40 Russell Sarah 6.51 29-Mar-86
 M45 Graeme Noden 5.97 8-Dec-84
 M50 Graeme Noden 5.73 22-Nov-90
 M55 Graeme Noden 5.66 14-Dec-96
 M60 Graeme Noden 5.21 8-Apr-00
 M65 *Mike Johnston 4.92 1-Jul-89
 M70 *Mike Johnston 4.75 16-Oct-91
 M75 Rudi Hochreiter 3.93 24-Feb-02
 M80 Harry Gathercole 2.96 16-Oct-91
 M85 Vic Younger 2.70 6-Jul-01
 M90 *Vic Younger 2.53 16-Mar-03

POLE VAULT

M30 Terry Baldwin 3.65
 Don Baird 5.36 9-Jun-83
 M35 Wayne Garth 4.05 1-Apr-88
 Andrew Stewart 4.65 12-Jan-91
 M40 Robert Huddle 4.00 8-Oct-95
 M45 *Ken Priestley 3.92 26-Jan-85
 M50 Ken Priestley 3.58 19-Mar-89
 M55 *Rob Barclay 3.45 1-Oct-94
 M60 *Rob Barclay 3.30 14-Nov-98
 M65 *Rob Barclay 3.15 21-Jun-03
 M70 Werner Widera 2.33 9-Apr-93
 M75 *Werner Widera 2.16 29-Mar-98
 M85 Vic Younger 1.60 13-Jul-01
 M90 #Vic Younger 1.40 5-Apr-03

TRIPLE JUMP

M30 *Roger Groppi 13.10 30-Mar-97
 Simon Jacotine 15.35 9-Feb-02
 M35 *Russell Sarah 14.63 4-Apr-81
 M40 *Russell Sarah 14.14 24-Jan-87
 M45 Russell Sarah 12.60 21-Mar-93
 M50 Russell Sarah 12.35 16-Mar-97
 M55 Jim Poulter 10.74 16-Mar-97
 M60 Cliff West 10.63 4-Apr-81
 M65 Harry Logan 10.16 19-Jan-83
 Mike Johnston 10.16 5-Apr-87
 M70 Mike Johnston 9.46 11-Apr-93
 M75 Syd Elks 8.39 10-Jul-01
 M80 Andy Smith 5.65 26-Mar-95
 M85 Vic Younger 5.10 1-Apr-01
 M90 Vic Younger 5.29 5-Apr-03

HIGH JUMP

W30 Glenis Johnson 1.47 1-Apr-90
 W35 Salli Ann Lee 1.55 5-Apr-92
 W40 Rosemary Wilson 1.45 19-Mar-94
 W45 Salli Ann Lee 1.43 9-Mar-03
 W50 Chris Battersby 1.35 19-Mar-94
 W55 Barbara Brooks 1.05 1-Mar-90
 W60 Bettina Woodburn 1.19 23-Mar-85
 W65 *Gwen Davidson 1.22 1-Dec-87
 W70 *Gwen Davidson 1.16 10-Apr-93
 W75 #Gwen Davidson 1.12 1-Sep-99

LONG JUMP

W30 Glenis Johnson 5.55 10-Dec-88
 Kym Burns 6.16 14-Feb-02
 W35 Glenis Johnson 5.43 13-Feb-93
 W40 Sue Haylock 4.76 19-Mar-94
 W45 Salli Ann Lee 4.88 30-Mar-03
 W50 Chris Battersby 4.39 8-Apr-95
 W55 Nyala Miller 4.01 1-Apr-00
 W60 *Bettina Woodburn 4.03 1-Apr-85
 W65 Gwen Davidson 3.62 1-Apr-90
 W70 *Gwen Davidson 3.51 7-Mar-93
 W75 *Gwen Davidson 2.79 28-Mar-98

POLE VAULT

W30 *Irie Hill 4.00 11-Oct-02
 W35 *Dawn Hartigan 3.00 9-Nov-96
 W40 #Dawn Hartigan 3.45 20-Nov-99
 W45 #Dawn Hartigan 3.50 19-Mar-02

TRIPLE JUMP

W30 *Irie Hill 11.29 7-Oct-02
 W35 Glenis Johnson 10.75 14-Feb-93
 W40 Sue Haylock 10.20 1-Oct-94
 W45 Salli Ann Lee 10.12 5-Apr-03
 W50 Sue Haylock 9.14 8-Oct-02
 W55 Christine Dickie 8.28 26-Mar-95
 W60 Nyala Millar 8.04 31-Mar-02
 W65 Gwen Davidson 7.95 1-Apr-92
 W70 *Gwen Davidson 7.46 21-Mar-93
 W75 Gwen Davidson 6.29 29-Mar-98

VMACI Club Records (continued)

| | | | | | | | |
|-----------------------|-----------------|------------------|----------------------|--------------------------|-----------|----------------|--|
| SHOT PUT | | (7.26 kg) | | SHOT PUT | | (4 kg) | |
| M30 Angelo Pagano | 14.47 | 15-Feb-98 | W30 Chris Schultz | 15.71 | 18-Mar-84 | | |
| John Minns | 18.27 | 2-Apr-02 | *Gael Martin | 18.52 | 28-Mar-87 | | |
| M35 Angelo Pagano | 14.59 | 6-Feb-99 | W35*Chris Schultz | 15.41 | 5-Dec-87 | | |
| John Minns | 18.04 | 3-Jul-02 | W40*Chris Schultz | 14.36 | 24-Mar-91 | | |
| M40 Sal Ungars | 14.15 | 14-Mar-82 | W45*Chris Schultz | 13.18 | 15-Feb-98 | | |
| M45 Geoff Tyler | 13.88 | 27-Jan-94 | | (3 kg) | 19-Mar-94 | | |
| | (6 kg) | | W50*Chris Schultz | 14.39 | 6-Jul-01 | | |
| M50 Graeme Rose | 13.91 | 6-Oct-97 | W55 Rhondda Dundas | 10.35 | 28-Mar-00 | | |
| M55 Graeme Rose | 13.23 | 1-Aug-99 | | (3 kg) | | | |
| | (5 kg) | | W60 Lydia Widera | 8.70 | 1-Apr-90 | | |
| M60 Aivars Pavulins | 12.83 | 1-Nov-87 | W65 Lydia Widera | 8.63 | 2-Feb-91 | | |
| M65 *Aivars Pavulins | 13.02 | 1-Jul-89 | | (3 kg) | | | |
| | (4 kg) | | W70*Lydia Widera | 7.60 | 17-Mar-96 | | |
| M70 Rudi Hochreiter | 12.82 | 5-Apr-92 | W75*Gwen Davidson | 6.81 | 23-Aug-98 | | |
| M75 Rudi Hochreiter | 11.56 | 17-Nov-01 | W80 Gwen Davidson | 6.24 | 23-Mar-03 | | |
| M80 *John Fraser | 9.31 | 12-Mar-95 | | | | | |
| M85 *John Fraser | 7.94 | 2-Jul-00 | | | | | |
| M90 *Vic Younger | 5.93 | 5-Apr-03 | | | | | |
| DISCUS | | (2 kg) | | DISCUS | | (1 kg) | |
| M30 Roger Groppi | 39.08 | 23-Mar-96 | W30 Chris Schultz | 50.04 | 30-Jan-85 | | |
| *Werner Reiterer | 61.40 | 16-Mar-00 | Gael Martin | 58.24 | 14-Mar-87 | | |
| M35 Graeme Young | 45.76 | 3-Jun-09 | W35*Chris Schultz | 48.90 | 14-Jan-89 | | |
| Rod Guy | 46.56 | 22-Feb-81 | W40*Chris Schultz | 48.52 | 18-Jul-91 | | |
| M40 Geoff Tyler | 48.14 | 16-Jan-93 | W45*Chris Schultz | 44.38 | 9-Jan-99 | | |
| M45 *Geoff Tyler | 49.08 | 13-Mar-94 | | (1 kg) | | | |
| | (1.5 kg) | | W50*Chris Schultz | 41.00 | 23-Jan-01 | | |
| M50 Graeme Rose | 44.80 | 16-Jul-95 | W55 Isabella Deneefe | 32.34 | 19-Mar-89 | | |
| M55 Graeme Rose | 42.65 | 30-Jan-99 | | (1 kg) | | | |
| | (1 kg) | | W60 Lydia Widera | 25.62 | 1-Apr-90 | | |
| M60 Tom Hancock | 46.10 | 22-Mar-98 | W65 Lydia Widera | 25.72 | 14-Mar-93 | | |
| M65 *Tom Hancock | 46.79 | 12-Jan-02 | W70*Lydia Widera | 22.10 | 23-Mar-96 | | |
| M70 Rudi Hochreiter | 40.14 | 6-Dec-97 | W75*Gwen Davidson | 18.99 | 4-Apr-99 | | |
| M75 *Rudi Hochreiter | 35.77 | 15-Dec-01 | W80*Gwen Davidson | 15.59 | 30-Mar-03 | | |
| M80 John Fraser | 25.70 | 2-Jul-95 | | | | | |
| M85 *John Fraser | 21.73 | 12-Dec-99 | | | | | |
| M90 *Vic Younger | 15.22 | 23-Mar-03 | | | | | |
| HAMMER | | (7.26 kg) | | HAMMER | | (4 kg) | |
| M30 Mike Fawkner | 33.92 | 14-Mar-93 | W30 Kath Newman | 46.01 | 24-Oct-98 | | |
| *Hans Lotz | 71.24 | 20-Feb-82 | *Pam Matthews | 49.90 | 4-Feb-93 | | |
| M35 *Hans Lotz | 67.92 | 8-Mar-87 | W35*Pam Matthews | 48.14 | 3-Dec-94 | | |
| *Hans Lotz | 73.80 | 25-Apr-83 | W40 Chris Schultz | 41.56 | 2-Mar-91 | | |
| M40 *Hans Lotz | 66.94 | 5-Dec-87 | W45 Chris Schultz | 37.44 | 2-Nov-96 | | |
| M45 *Hans Lotz | 59.62 | 16-Jan-94 | | (3 kg) | | | |
| | (6 kg) | | W50 Jan Davies | 48.66 | 5-Apr-96 | | |
| M50 *Hans Lotz | 60.39 | 28-Mar-98 | W55*Jan Davies | 46.90 | 2-Nov-96 | | |
| M55 *Ken Readwin | 49.34 | 6-Apr-96 | | (3 kg) | | | |
| | (5 kg) | | W60 Astrid Rose | 35.08 | 5-Oct-03 | | |
| M60 *Wim Van Weenen | 50.62 | 17-Dec-94 | W65*Lydia Widera | 33.00 | 16-Mar-91 | | |
| M65 *Wim Van Weenen | 50.38 | 15-Feb-97 | | (3 kg) | | | |
| | (4 kg) | | W70*Lydia Widera | 28.36 | 23-Mar-96 | | |
| M70 *Wim Van Weenen | 48.74 | 23-Feb-03 | W75#Gwen Davidson | 23.82 | 23-Aug-98 | | |
| M75 #Roy Foley | 43.10 | 11-Apr-92 | W80#Gwen Davidson | 22.60 | 23-Mar-03 | | |
| M80 #John Fraser | 37.18 | 23-Mar-96 | | | | | |
| M85 John Fraser | 27.51 | 12-Dec-99 | | | | | |
| M90 Vic Younger | 10.21 | 30-Mar-03 | | | | | |
| JAVELIN | | (800 g) | | JAVELIN | | (600 g) | |
| M30 Terry Baldwin | 48.52 | 3-Apr-94 | W30 Chris Schultz | 40.50 | 18-Mar-84 | | |
| *Robert Lethbridge | 67.32 | 13-Feb-88 | *Petra Rivers | 64.18 | 19-Mar-83 | | |
| M35 Manfred Rohkamper | 60.70 | 1-Apr-90 | W35 Chris Schultz | 39.08 | 16-Mar-86 | | |
| *Manfred Rohkamper | 69.32 | 26-Oct-89 | W40 Chris Schultz | 37.32 | 7-Oct-95 | | |
| M40 Graeme Rose | 55.48 | 29-Mar-87 | W45 Dawn Hartigan | 33.73 | 7-Oct-02 | | |
| M45 Graeme Rose | 54.82 | 16-Oct-91 | | (500 g from 2000) | | | |

VMACI Club Records (continued)

| | | | | | |
|----------------------|--------------------------|-----------|---------------------|----------------|-----------|
| | (700 g from 2000) | | W50*Chris Schultz | 32.18 | 13-Jul-01 |
| M50 Andrew Farr | 54.79 | 7-Jul-01 | W55Chris Battersby | 24.53 | 21-Mar-99 |
| M55 *Graeme Rose | 50.38 | 13-Apr-01 | | (400 g) | |
| | (600 g) | | W60Bettina Woodburn | 24.24 | 1-Apr-87 |
| M60 Tom Hancock | 43.46 | 30-Mar-97 | W65Bettina Woodburn | 22.08 | 16-Mar-91 |
| M65 *Aivars Pavulins | 45.00 | 1-Jul-89 | | (400 g) | |
| | (500g from 2000) | | W70 *Lydia Widera | 19.36 | 30-Mar-97 |
| M70 *Rudi Hochreiter | 37.00 | 21-Jul-00 | W75Gwen Davidson | 14.82 | 2-Apr-99 |
| M75 *Rudi Hochreiter | 31.09 | 27-Sep-02 | W80Gwen Davidson | 12.32 | 18-Apr-03 |
| | (400g from 2000) | | | | |
| M80 Stan Stankovic | 27.97 | 18-Apr-03 | | | |
| M85 Vic Younger | 19.91 | 7-Jul-01 | | | |
| M90 *Vic Younger | 17.01 | 23-Mar-03 | | | |

| | | | | | |
|------------------------|-------------------|--------------------------------|-----------------------|----------------|-------------|
| HEAVY HAMMER | (15.88 kg) | HEAVY HAMMER (9.072 kg) | | | M30 Mike |
| Fawkner | 10.49 | 14-Mar-93 | W30Sharon Clayton | 11.57 | 5-May-96 |
| M35 *Roger Glass | 13.92 | 27-Mar-88 | W35*Christine Schultz | 12.79 | 1-Apr-87 |
| M40 *Hans Lotz | 16.60 | 1-Apr-92 | W40*Christine Schultz | 12.44 | 1-Oct-94 |
| M45 *Hans Lotz | 15.70 | 2-Apr-95 | W45*Christine Schultz | 13.57 | 29-Mar-97 |
| | (11.34 kg) | | (7.258 kg) | | |
| M50 *Hans Lotz | 19.71 | 29-Mar-98 | W50Jan Davies | 14.77 | 5-Apr-96 |
| M55 *Graeme Rose | 17.84 | 21-Mar-99 | W55Jan Davies | 14.58 | 20-Mar-99 |
| | (9.072 kg) | | (5.449 kg) | | |
| M60 *Willem Van Weenan | 12.49 | 1-Oct-97 | 5-May-96 | W60 | Val Worrell |
| M65 *Willem Van Weenan | 11.47 | 15-Apr-01 | 29-Mar-97 | W65 | Val Worrell |
| | (7.258 kg) | | (5.449 kg) | | |
| M70 *Willem Van Weenan | 10.10 | 2-Oct-94 | 24-Mar-02 | W70 | *Gwen |
| Davidson | 14.81 | 11-Apr-92 | | | |
| M75 *Roy Foley | 15.10 | 8-Oct-95 | W75*Gwen Davidson | 10.30 | 28-Mar-98 |
| | (5.449 kg) | | W80 | *Gwen Davidson | 8.80 |
| M80 *John Fraser | 12.99 | 8-Apr-00 | | | 30-Mar-03 |
| M85 *John Fraser | 6.70 | 23-Mar-03 | | | |
| M90 *Vic Younger | | | | | |

WEIGHT PENTATHLON (2002 Tables)

| | | |
|---------------------|-------|-----------|
| M30 Terry Baldwin | 2,236 | 2-Apr-95 |
| Yohan Amerasekera | 3,115 | 12-Oct-02 |
| M35 Roger Glass | 2,850 | 27-Mar-88 |
| M40 *Hans Lotz | 3,543 | 11-Apr-92 |
| M45 *Rod Guy | 3,584 | 11-May-91 |
| M50 *Graeme Rose | 4,078 | 22-Jul-95 |
| M55 *Graeme Rose | 4,288 | 4-Jul-99 |
| M60 *Tom Hancock | 4,229 | 22-Mar-98 |
| M65 *Tom Hancock | 4,698 | 6-Jan-02 |
| M70 Aivars Pavulins | 4,150 | 8-Jan-95 |
| M75 *Roy Foley | 4,520 | 11-Apr-92 |
| M80 *John Fraser | 4,357 | 1995 |
| M85 *John Fraser | 4,444 | 12-Dec-99 |

WEIGHT PENTATHLON (2002 Tables)

| | | |
|-----------------------|-------|-----------|
| W30*Kelly Carvill | 2,859 | 11-Mar-01 |
| W35*Christine Schultz | 3,944 | 7-Dec-87 |
| W40*Christine Schultz | 4,214 | 24-Feb-91 |
| W45*Christine Schultz | 4,685 | 26-Jul-97 |
| W50#Christine Schultz | 4,535 | 13-Jul-01 |
| W55Jan Davies | 4,173 | 5-Apr-99 |
| W60Val Worrell | 3,588 | 26-Jul-98 |
| W65Lydia Widera | 4,188 | 14-Mar-93 |
| W70*Lydia Widera | 4,241 | 17-Mar-96 |
| W75*Gwen Davidson | 4,371 | 23-Aug-98 |
| W80#Gwen Davidson | 4,422 | 23-Mar-03 |

PENTATHLON (w/Discus)

Note: 2002 WMA/IAAF scoring above, and if available, old 1985 AAVAC scoring below.

| | | | | | |
|---------------------|-------|-----------|----------------------|-------|-----------|
| M30Terry Baldwin | 3121 | 3-Mar-96 | W30*Jennifer Baldwin | 2856 | 8-Apr-96 |
| | 3808h | | | 3260h | |
| M35 *Terry Baldwin | 3589 | 1-Mar-98 | W35Jennifer Baldwin | 2699 | 10-Mar-02 |
| | 4090h | | | | |
| M40 Ray Mooney | 3318 | 3-Dec-87 | W40Chris Battersby | 2594 | 19-Mar-88 |
| | 3400e | | | 2955h | |
| M45 David Sheehan | 3220 | 12-Apr-93 | W45Chris Battersby | 3332 | 15-Oct-91 |
| | 3314e | | | 3628h | |
| M50 Rudi Hochreiter | 3520 | 8-Aug-77 | W50Chris Battersby | 3309 | 1-Apr-94 |
| | 3881h | | | 3490e | |
| M55 Rudi Hochreiter | 3657 | 1-Jun-85 | W55Margaret Dunbar | 2745 | 12-Apr-93 |

VMACI Club Records (continued)

| | | | | | |
|----------------------|-------|-----------|----------------------|-------|-----------|
| | 4016h | | | 2680e | |
| M60 #Rudi Hochreiter | 4081 | 3-Dec-87 | W60 Bettina Woodburn | 2647 | 21-Apr-87 |
| | 4471e | | | 2610h | |
| M65 *Rudi Hochreiter | 4018 | 28-Mar-92 | W65 Lydia Widera | 3436 | 1-Mar-91 |
| | 4602e | | | 3528h | |
| M70 *Mike Johnston | 3945 | 15-Oct-91 | W70 *Gwen Davidson | 3368 | 7-Mar-93 |
| | 4651h | | | 2798h | |
| M75 Stan Stankovic | 3045 | 7-Mar-99 | | | |
| | 3321h | | | | |
| M80 Stan Stankovic | 2,288 | 16-Mar-03 | | | |
| M85 Vic Younger | 2,074 | 4-Mar-01 | | | |
| M90 #Vic Younger | 2,673 | 16-Mar-03 | | | |

Note: For Pentathlon scores, "h" & "e" denotes hand & electronic timing resp.

| PENTATHLON (w/ShotPut) 2002 WMA Scoring | | | PENTATHLON (w/ShotPut) 2002 WMA Scoring | | |
|--|-------|-----------|--|-------|-----------|
| M30 *David Lynch | 3,008 | 4-Apr-99 | W30 *Jennifer Baldwin | 2,673 | 13-Apr-98 |
| M35 Russell West | 2,112 | 31-Mar-97 | W35 Cathy Orelli | 1,807 | 31-Mar-97 |
| M40 John Creek | 3,055 | 4-Apr-99 | W40 | | |
| M45 Tom Gerrard | 2,801 | 31-Mar-97 | W45 Kathy Heagney | 2,459 | 1-Oct-98 |
| M50 Peter Young | 2,374 | 31-Mar-97 | W50 Chris Battersby | 2,997 | 31-Mar-97 |
| M55 Graeme Noden | 3,177 | 28-Oct-97 | W55 | | |
| M60 Graeme Noden | 3,397 | 13-Apr-98 | W60 | | |
| M65 Alex Harris | 2,971 | 31-Mar-97 | | | |
| M70 *Stan Stankovic | 2,918 | 31-Mar-97 | | | |
| M75 Stan Stankovic | 3,059 | 4-Apr-99 | | | |
| M80 Andy Smith | 1,381 | 31-Mar-97 | | | |
| DECATHLON 2002 WMA Scoring | | | HEPTATHLON 2002 WMA Scoring | | |
| M30 Terry Baldwin | 6,320 | 22-Dec-96 | W30 Jennifer Baldwin | 3475 | 21-Jan-98 |
| Chris Bradshaw | 7,064 | 9-Mar-93 | *Carolyn Fox | 4,448 | 20-Dec-98 |
| M35 *Peter Urban | 6,336 | 10-Jan-88 | W35 Jennifer Baldwin | 3,822 | 10-Feb-02 |
| M40 *Clyde Riddoch | 4468 | 14-Jul-95 | W40 Christine Bridle | 3444 | 10-Feb-02 |
| M45 Terry Hicks | 5291 | 18-Jan-04 | W45 *Chris Battersby | 4969 | 28-Jul-89 |
| M50 John Neale | 5066 | 5-Jul-01 | W50 Gloria Seymon | 3674 | 18-Jul-91 |
| M55 Jim Poulter | 4880 | 5-Jul-01 | | | |
| M60 *Rudi Hochreiter | 7205 | 27-Jul-89 | | | |
| M65 Norm Keith | 3800 | 14-Jul-95 | W65 *Gwen Davidson | 4335 | 28-Jul-89 |
| M75 Syd Elks | 4956 | 4-Jul-01 | | | |
| M90 #Vic Younger | 4199 | 23-Feb-03 | | | |

4 X 100M RELAY MEN

| | |
|---|-------|
| M35 Peter Tuckett, Terry Baldwin, Phil Lancaster, Keith Howden | 47.73 |
| M40 Mike Hall, Laurie Telfer, Daryl McAlpine, David Mather | 48.8 |
| M45 Gerry Robinson, Terry Dunn, Don McMahon, B.Wyatt | 51.5 |
| M50 Graeme Noden, Ross Kent, Bob Wishart, Mike Hall | 50.6 |
| M55 Mike Hall, Laurie Telfer, Daryl McAlpine, David Mather | 53.4 |
| M60 Kevin Marion, Max Brooks, David Mather, Eddie Stack | 56.5 |
| M70 *Mike Johnson, Charles Scarff, Rudi Hochreiter, Jim Thomson | 55.5 |

4 X 100M RELAY WOMEN

| | |
|---|-------|
| W35 Salli-Ann Lee, Barbara Courtney, Jennifer Baldwin, Bronwen Loizou | 52.6 |
| W45 Pat Carroll, Lorraine Woodman, Gloria Wilson, Lois Jones | 69.9 |
| W50 Anne Stobaus, Nanette Compte, Jill Cooper, June Reeves | 58.7 |
| W55 Nyala Millar, Anne Stobaus, June Reeves, Jan Morrey | 60.47 |

4 X 200M RELAY MEN

| | |
|---|--------|
| M40 Steve Zimaris, Russell Johnson, John Freame, Dean Copland | 1.48.8 |
| M45 John Freame, R.Johnson, Alan Sinclair, Graham Stockdale | 1.49.8 |
| M50 Mike Hall, Bob Wishart, Ross Kent, Graeme Noden | 1.46.0 |
| M55 Barry Pomeroy, Mike Hall, Ross Kent, Graeme Noden | 1.44.7 |
| M60 David Mather, Leo Charles, Kevin Marion, Max Brook | 1.57.0 |
| M70 John Reid, Ron Aust, Mike Johnson, Jim Thompson | 2.03.5 |

4 X 200M RELAY WOMEN

| | |
|---|--------|
| W55 Nyala Millar, Glad Wishart, Joy Herbert, Jan Morrey | 2.18.6 |
|---|--------|

VMACI Club Records (continued)**4 X 400M RELAY MEN**

| | |
|---|--------|
| M40 Bruce Humphreys, Ernie Kemplay, O.McGlone, Colin Waring | 3.48.5 |
| M45 John Freame, Russell Johnson, Alan Sinclair, Gary Mowat | 3.51.1 |
| M50 Keith Moody, Ian McLeod, Ross Kent, Neil MacDonald | 3.52.8 |
| M55 Ross Kent, Ian McLeod, Keith Howden, Richard Trembath | 4.09.5 |
| M60 Leo Charles, Kevin Marion, Eddy Stack, Max Brook | 4.37.0 |
| M65 *Jim Thomson, Norm Keith, Alex Harris, Mike Johnston | 4.39.6 |
| M70 Bob Lewis, Tony Martin, Vin O'Brien, Frank Tutchener | 5.17.9 |

4 X 400M RELAY WOMEN

| | |
|--|---------|
| W35 Christine Bridle, Jenifer Baldwin, Annette Pelgrim, Cathy Orelli | 4.41.26 |
|--|---------|

4 X 800M RELAY MEN

| | |
|--|---------|
| M50 Ray Kelly, Norm Johnston, Paul McCullum, Peter Duggan | 9.59.0 |
| M65 Keith Bird, Bob Turnbull, Dick Kirkman, Peter Colthup | 11.41.1 |
| M70 Alan Burgoyne, Andy Smith, Eddie Gamble, Cliff Barling | 11.44.1 |

4 X 1500M RELAY MEN

| | |
|---|---------|
| M50 Ted McCoy, Ray O'Connor, John Waite, John Kneen | 20.02.3 |
|---|---------|

Prepared by the VMACI Records Officer, Clyde Riddoch, GPO Box 1777, Melbourne Vic 3001.
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What's On

2004**March**

| | |
|------------------------------------|---|
| 5 th -8 th | 30 th New Zealand Masters Athletics Championships, Porritt Stadium, Hamilton |
| 6 th | VRR Tan Handicap & Breakfast (8km & 4km), Alexandra Ave, opp. Swan St Bridge, 7.30am (9744 1072) |
| 7 th | CHC Coburg King & Queen of the North (12km & 6km), Harold Stevens Aths Track, Coburg, 9am (9386 9251 h) |
| 10 th -14 th | WMA Indoor Championships, Sindelfingen, Germany |
| 11 th | VRR Twilite Tan Time Trial (8km & 4km), near Government House Drive, 6.30pm (9744 1072) |
| 13 th | VMA Track & Field, Day 1, Duncan McKinnon, Murrumbeena |
| 14 th | VMA Track & Field, Day 2, Duncan McKinnon, Murrumbeena |
| 14 th | VRR Angela Taylor Memorial Run (10km & 5km), Tom's Block, Linlithgow Ave, 8.30am (9744 1072) |
| 14 th | Moonee Valley Classic (10km & 5km), Aberfeldie Athletics Track, 9.30am (9243 8888 w) |
| 14 th | Carrington Primary School Fun Run (10km & 3.3km), Laura Road, Knoxfield, 9am (9763 9600 w) |
| 21 st | VMA Weight Pentathlon, Duncan McKinnon, Murrumbeena |
| 21 st | Self Transcendence Yarra Boulevard Run (15km, 10km & 5km), Kevin Bartlett Rsrve, Burnley, 8am (9650 0114) |
| 21 st | Take on The Lake Fun Run & Walk (8km & 4km), Lillydale Lake, Lilydale, 9am (9870 7822 w) |
| 21 st | Eaglehawk Half Marathon (21.1km), Eaglehawk Leisure Centre, Eaglehawk, 8am (5446 7158 h) |
| 21 st | Staggfair Lake Challenge Fun Run (6.6km, 3.3km & 2.4km), Lake Guthridge & Guyatt, Sale, 10am (5145 1359) |
| 21 st | Mount Macedon Classic (10km), Mount Macedon Hotel, 10am (5427 2099 w) |
| 24 th | Super Sunset Series - Tan Track (8km & 4km), Linlithgow Avenue, Kings Domain, 7pm (9347 3532 w) |
| 28 th | Nike Womens Classic (10km & 5km), Bourke Street Mall, 9am (9381 4666 w) |
| 28 th | Beat The Barwon Fun Run (10km, 5km & 2km), Belmont Common, Barwon River, 8.30am (5243 6151 h) |
| 28 th | VMA Pentathlon, Duncan McKinnon, Murrumbeena |

April

| | |
|-----------------|--|
| 3 rd | VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (9744 1072) |
| 4 th | Self Transcendence Altona Foreshore Run (15km, 10km & 5km), Apex Park, Altona, 8am (9650 0114) |

What's On

April 2004

- 9-12th Australian Masters Track & Field [from April 9-12] (various), Olympic Park, Melbourne, TBC (9754 4405)
- 10th Sheepwash Classic Fun Run (8km & 4km), Barwon Heads Primary School, 10am (5254 3216 w)
- 11th Prisoners On The Run (22km & 11km), Won Wron Prison, Yarram, 9am (5186 1200 w)
- 12th Mt.Nowa Nowa Challenge Fun Run (14km & 4km), Nowa Nowa Hall, 10am (5155 7305 h)
- 17-18th CHC Ultra 24hr, 12hr & 6hr, and 12hr relay, Harold Stevens Athletics Track, Coburg, 10am (9386 9251 h)
- 18th HBA/Athletes Foot Half Marathon (21.1km), Geelong Belmont Park/James Harrison Bridge, 9am (5243 5374 h)
- 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
- 24th Wilson's Promontory Run (20km), Norman Bay, Wilson's Promontory, 6am (9885 8415)

May

- 1st VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (9744 1072)
- 2nd Lest We Forget Run (8km), Tom's Block, Tan Track, Linlithgow Avenue, 8.55am (1300 737 437)
- 2nd Great Train Race (13.2km), Puffing Billy office Belgrave, 9.30am (9754 6800 w)
- 2nd Walhalla Wound-Up (37km & 19km), Start Hotel, Walhalla, 8am (5174 9869)
- 9th VRR Westerfolds Park Half Mara & Fun Runs (21.1km, 10km & 5km), Porter Street ent., 9am (9744 1072)
- 9th Mother's Day Classic (8km & 4km), Gosch's Paddock, 8am (9819 9225 w)
- 9th CHC Coburg Fun Run & Walk (12km & 6km), Harold Stevens Athletics Track, Coburg, 9am (9386 9251 h)
- 15th VMA 10km track races, Knox venue
- 16th 19th Annual Garry Rogers Fun Run/Walk (10km & 5km), Jells Park, Ferntree Gully Rd ent., 9.30am (9560 1474)
- 22nd Mt.Beauty Half Marathon (21.1km, 10km & 3km), Mt.Beauty Sports Complex, 10am (5754 4005 w)
- 23rd Runner's World Run To The G (10km & 4km), MCG, 9am (9819 9225 w)
- 30th Self Transcendance Running/Fitness Festival (various), Williamstown Aths Track, Newport, 8am (9650 0114)
- 30th Defence Lake Attack (various), Albert Park Lake, 9.30am (9819 9225 w)

June

- 5th VRR Tan Handicap & Breakfast (8km & 4km), Alexandra Ave, opp. Swan St Bridge, 7.30am (9744 1072)
- 6th VMA & VCCL Cross Country (10km), Boeing Reserve, Strathmore Heights - Melway 16 D5, 10am
- 13th Traralgon Marathon & Half (42.2km & 21.1km), Tennis Courts Davidson Street, 8am (5133 9036 h)
- 13th Rutherglen Rotary Fun Run (10km), Main Street, 10am (02 6032 8690 w)
- 19th CHC Coburg Bluestone Classic (15km & 7km), Harold Stevens Athletics Track, Coburg, 2pm (9386 9251 h)
- 20th New Balance Lap of the Lake (9.6km & 4.8km), Albert Park Lake, 9.30am (9819 9225 w)
- 26th Road Walks, 10km Men 35 to 69, 5km Women & M70+, Albert Park
- 27th Combined VCCL/VRR Handicap (8km), Woodlands Historic Park, Greenvale, 10am (9690 0272)
- 27th Self Transcendance Como Landing Run (10km & 5km), Alexandra Ave, South Yarra, 9am (9650 0114)

More What's On

July

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

August

15th VMA & VCCL 10 Miles Road Race Sunday, Princes Park, Royal Parade
 22nd VMA Winter Weight Pentathlon, Duncan McKinnon, Murrumbidgee, noon start
 24th Croydon Betty Leigh Anti-cancer Walk, Croydon venue

September

12th VMA Half marathon with AV - Yarra Boulevard, Burnley 8am
 19th Road Walks, 20km Men 35 to 69, 10km Women & M70+, Albert Park

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.alicespringsmasters.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, 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

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

7th-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)