

INTER-VENUE ONE MILE CHALLENGE

East Burwood, 26 February, 2004

(Bob Hayes)

A warm and sunny but completely still evening greeted walkers and runners who attended Bill Sewart Athletic Track to compete in the Sixth Annual East Burwood One Mile Challenges. The event was introduced in 1999 on the initiative of EB Manager at the time, John Gosbell, who perceived opportunities for Vets (now Masters) to add their names to the record lists in a classic, but rather neglected competition distance. The event also provides opportunity for quality 'tune-ups' for competitors entering upcoming State and National Championships each year.

Maintaining the record setting and breaking tradition, new Victorian Masters One Mile Records were achieved by six walkers and two runners. Runners, Lavinia Petrie (W60) and Bob Lewis (M75) also broke existing Australian records. Bobby, who appears somehow to have reversed the ageing process, broke his own record, set in the same event last year, by 6.6 sec. - a fantastic effort! Another outstanding performance was that of walker, Brenda Riley (W65) whose time of 8:22.2 equated to a 97.77% Age-Graded effort. Remarkable!

The 17 walkers competing needed to satisfy the scrutiny of the five Walk Judges officiating; Alan Johnson, Lloyd Nichols, Ken Walters, Marlaine Stanway and Robin Wood. Trophy winners were:

Walk - Fastest Woman, Alison Thompson; Fastest Man, Simon Evans
Best Age - Graded Woman, Brenda Riley; Best Age - Graded Man, Tony Johnson
Run - Fastest Woman, Julie Norney; Fastest Man, Michael Bialczak
Best Age - Graded Woman, Lavinia Petrie; Best Age - Graded Man, Bob Lewis

VMA Club Captain, David Sheehan presented Achievement Certificates (Elite, Advanced and Credit) to competitors who achieved the necessary age-graded percentage levels. (We ran out of elite certificates. These will be presented as soon as a supply is located.)

A big THANK YOU to the many officials and helpers who facilitated the smooth running of the program including, David Nobbs (starter); John Sutton, Tony Martin and Les Clark (timekeepers); John and Phyllis Gosbell (result processing); and the five walk judges (identified previously). Andrew Fraser attended to the selection and purchasing of the handsome trophies awarded. Thanks also to VMA members from the several venues who participated and provided much appreciated support and to EB venue members who provided a great supper. A good night was enjoyed by all!

(The tentative date for the 2005 'edition' is Thursday 24 Feb. Looking forward to seeing you all again.)

Details of performances and new record holders follow:

ONE MILE WALK CHALLENGE

	Age	Time	Age-Gr. %	Records set
Simon EVANS	43	7:21.2	82.05	
Alison THOMPSON	50	8:08.6	87.60	
Alan LUCAS	56	8:09.1	82.19	Vic M55
Brenda RILEY	64	8:22.2	97.77	Vic W60
Tony JOHNSON	63	8:26.4	84.72	Vic M60
Marlene GOURLAY	65	8:28.9	85.67	
Janet HOLMES	50	8:31.4	83.69	
Liz FELDMAN	55	8:43.4	85.59	Vic W55
Gwen STEED	61	8:53.4	88.24	
John MORRISON	64	9:16.1	77.86	
Terry DUNN	66	9:27.4	77.90	Vic M65
Elaine McLEAN	48	10:59.7	63.82	
Tina BAARSLAG-LEB	70	11:22.9	77.02	Vic W70
George SIMONS	58	12:34.1	59.94	

Disqualifications: Jean Knox, Annette Hawkins, Colin Thompson, Marg Wegner.

ONE MILE RUN CHALLENGE

	Age	Time	Age-Gr. %	Records Set
Michael BIALCZAK	44	4:43.7	85.81	
Bert PELGRIM	47	4:54.5	84.57	
Dragan ISA ILOVIC	44	4:55.2	82.47	
Colin PAGE	50	5:02.5	84.29	
Max HOWARD	51	5:10.1	82.91	
Ashley RYAN	49	5:18.2	79.50	
Peter WELCH	39	5:22.1	72.88	
Julie NORNEY	35	5:32.4	76.59	
Michael Richards	52	5:35.2	77.34	
Graham PHILPOTT	61	5:36.6	83.49	
Wayne JAMES	40	5:40.2	69.49	
Sam DeFANIS	55	5:40.9	77.99	
Lavinia PETRIE	60	6:05.7	87.62	Aust, Vic, W60
Annette PELGRIM	49	6:11.0	77.28	
Bob LEWIS	76	6:26.5	87.01	Aust, Vic, M75
Colin THOMPSON	55	6:46.5	65.40	
Peter BATTRICK	60	7:13.7	64.16	
Chas McRAE	71	7:17.8	71.72	
Frank TUTCHENER	76	7:27.2	75.20	

Major Competitions

Oceania Track and Field Championships
21st-28th October, 2004, Raratonga, Cook Islands

World Masters Track and Field Championships
22nd August- 3rd September 2005, San Sebastian, Spain

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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

(Article from The Age 19 April 2004)

If a Sunday morning jog exhausts you, spare a thought for Ken Matchett. The 82-year-old great-grandfather yesterday (18 April) ran three marathons back to back. His aim had been to run 100 kilometres in the Coburg Harriers' 24-hour Carnival, but he covered 129 kilometres - just over three times the distance of a marathon. "I was very, very happy with the result," said Mr. Matchett, of Montrose, who finished halfway through the field. "When you're 82, you are the oldest - not always, but a lot of the time. Running that distance is a daunting sort of task for everybody, especially the older ones." But the veteran runner has plenty of energy left. He will allow himself three days' rest, then it's back to training. He hopes to run in the Melbourne and Auckland marathons this year. He started racing at 57 and has competed in about five marathons a year over 25 years. A week ago he won five gold medals, two silvers and a bronze at the Australian Masters Championships at Olympic Park. "I only had six days to recover ... but I don't think the fact I ran at eight events made any difference."

(Article from Maroondah Journal of 20 April)

KEN Matchett, 82, is a long-distance running marvel and he proved a crowd magnet this month at the Australian Masters Athletics Championships. The Montrose resident, who is Croydon Atheletics Club's oldest member, smashed a Victorian record and won eight medals at the championships.

Competing again last weekend, he may have set a world record in the Coburg 24-hour marathon by running 129 kilometres, or three back-to-back marathons.

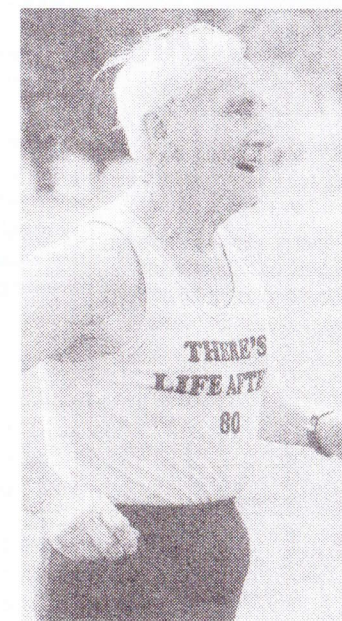
At the Masters championships he won gold in the 10,000 and 5,000-metre races, 8-kilometre cross-country, 500-metre race/walk and 2000-metre steeplechase. He also claimed silver in the 800 and 1500-metre races and bronze in the 400-metre sprint.

Matchett has held six Masters world records, but retains just one of them. However, his 10,000-metre victory at Olympic Park broke a long-standing Victorian record. He completed the run in 59 minutes and 33 seconds, breaking a record set 19 years ago.

Matchett, who is the Journal's Sport Star of the Week, said: "I ran my first marathon when I was 57. I just love running. People think it's crazy. I run into town, from Croydon into Flinders Street ... not too bad for an old fellow."

Matchett said he was "talked into" running by his colleagues as he neared retirement age. "We've got wonderful bodies - I think we're blessed with that - and we should take care of them. You see so many men with their stomachs hanging over their belts; it's terrible. People ask me why I haven't broken down by now. I eat a good diet, a healthy diet, but basically I listen to my body. I don't overdo it and if I do a hard race I give myself time to recover."

For aspiring long-distance runners, Matchett says there's no magic formula. "It's just training and training and training. There's no easy way."



Marathon man: Record-setting Masters athlete Ken Matchett on a training run at the Croydon athletics track.

The February issue of the Australia/New Zealand issue of Runner's World featured great training stories. The two ladies in the following stories attributed their improvement to running with Victorian Vets.



OPPOSITE: Helen Stanley, winner of Victor's Marathon, before taking a one-year sabbatical year.

THE RUNNER

Helen Stanley, an education officer, entered her first marathon, in Melbourne, in 1999 and completed the race in 4:57. "It was the worst run I have ever experienced. I went out too hard, I cramped at the end and it was devastating." She ran a 4:06 PB the following year, then 4:01, and decided she really wanted to finish her next marathon in under four hours. In 2003 she completed the Melbourne Marathon in 3:40. That is an amazing one hour and 17 minutes improvement over her first attempt at the distance.

So how did she achieve this? Stanley's key goal became to run a marathon in less than four hours, but to achieve this she knew she had to be realistic; it wasn't going to happen overnight. So she took a year off marathons, racing shorter distances instead and setting short-term goals that would eventually lead to achievement of the long-term goal.

THE PLAN

1. Conquer the shorter distances first. "Instead of running a marathon in 2002 I opted to run half marathons, to build up my speed and race experience, with the aim of running another marathon in 2003. I decided that if I could conquer the half marathon my marathon results would improve. By giving myself a year to enter several half-marathons, I felt my body would benefit."

"By the end of 2002 I had reduced my half marathon time by six minutes, I decided I was ready to think about the marathon again and began to prepare for the King Island Imperial 20 (32 kilometres) as a test to see how I would manage a longer distance. My King Island time was 2:41. I continued with further half marathons, reducing my time with most runs, my best result being 1:38." That in itself was a considerable achievement; her half marathon in 2000 was 1:52.

"As 2003 progressed I believed that I would manage to run my good marathon in under four hours and in my mind saw that I would probably run between 3:30 and 3:50." As things turned out, Stanley caught a virus and missed some winter training, and was pleased to run 3:40 in the Melbourne Marathon in October 2003.

2. **Speedy does it** "Speedwork seems to have been the key." admits Stanley. She likes to spend a few weeks working on hill repeats (six to 12 repeats at a time) before moving to speedwork, which would involve 1km repeats if she is training for a distance race. "In the last two years I have generally worked 1km repeats. I vary this if I am coming up to a race and reduce the distances and the number of the repeats, so they are more likely to be 5x500 or perhaps less 500s and mix in some 200s."

3. **Join a club** Stanley joined a couple of running clubs and benefited greatly from the companionship and wisdom of her fellow runners. Running with others provided support and encouragement, helped develop her confidence, and made her running more sociable.

"Joining Knox Road Runners and the Knox Vets were pivoted decisions, which really helped my training. I keep to a pattern of training. Even if I have an injury I still make a practice of going to our meeting place, having a quick chat and walking if I am able. Routines are really important." Stanley managed a second speed session each week, on top of her own speed work, by running with Knox Vets, and she was able to do her weekly long run with Knox Road Runners.

THE RUNNER

Anna O'Connell, a midwife, has been running for several years but first started to record her times in 2002. In April 2002 she ran a 10km race in 55 minutes, and since then her times have moved inexorably downward; in November 2002 she broke the 50 minute barrier to run 49:38 in the Sussan Classic, and in June 2003 she managed a personal best of 49:03. "I certainly wanted to improve my time, mainly for a sense of personal achievement. I think doing it for yourself should come first. I was ecstatic at getting under 50 minutes and being able to improve on that was even better."

With two young children and a husband who also runs, training time is at a premium. O'Connell doesn't follow a set training schedule, mostly she runs when she can. This generally means one tempo run (3 to 5km), one long run (10 to 25km), one easy jog each week, and a smattering of races. She has some clear ideas about what factors have helped her to improve her race results.

THE PLAN

1. **Listen to the advice of other runners** "Taking the advice of experienced runners and being inspired by the performances of others, particularly veteran runners, has been a help. At the same time I tried to avoid being intimidated by their results if they were better than mine.

"Running with the Victorian Veterans was a really important factor in my improvement: doing a variety of races each week, and learning how to pace myself and save some energy for the end without slacking off too much." Tips O'Connell gained from the Veterans include taking a rest day each week, rather than running every day, and doing enough long distance training.

"I did train for a couple of half marathons during the time that my 10km times were improving, and doing the distance training definitely helped, on a variety of courses, and with some hills too."



OPPOSITE: Anna O'Connell, who followed her 10km time using the experience of veterans.

2. **Relax and enjoy** " In the past, putting too much pressure on myself to perform was often a factor in a less than expected result. I think my most important lesson was not to try too hard, to just relax and enjoy the run."

O'Connell is also aware that having commitments with her children means that she cannot always run as much as she would wish, but this does not mean that she is more likely to be fresh when she gets out on the road, and less of a candidate for injuries derived from over training.

Pushing the Limits

(Article from Examiner -28th February)

Jack Gubbins has swum more kilometres of water than he can remember in his long life; but the 74-year-old triathlete has no plans of giving it up just yet. Jack will feature in the Noble Park Pool's Aquathon series today (28th February)

"It's great. I look upon it as an opportunity to go a bit harder with my training." Mr Gubbins said.

Mr Gubbins has become a familiar face at the Noble Park Pool over the years, competing in the Aquathons and performing much of his triathlon training regime at the pool. "I've been using it for years. I like the outdoor pool," he said. "I know the people over there and you've always got a good chance of getting a lane."



"The event suits all standards and all ages and the times range from around 22 minutes for the quickest to about 42 minutes."

Entrants complete a 400m swim, 4km run and 200m swim as a pair or as individuals. The events have attracted some big names such as Tammy and brother John Van Wisse, as well as sports clubs with the Noble Park Football Club, 2003 premiers in the EFL, using the Aquathon to help form part of their successful pre-season last year.

Modified Walk Rule for 2004

At the November Committee meeting it was resolved that as a trial for the year 2004 VMA race walk championships would be conducted using a modification to the current IAAF rule. The second sentence of the current rule was deleted and replaced with the words "The leg in contact with the ground shall be straightened at the knee in the vertically upright position". In practical terms this change means that the advancing leg does not have to be straightened on contact but does have to be straightened by the time it is directly under the body which is one requirement of the current rule.

This rule is what the IAAF rule was from 1972 to 1995 and what many believe to be more appropriate for mature age athletes as the current IAAF rule requires a level of strength that many older athletes have difficulty coping with. Competitors need to be aware of the following points:

1. No change whatsoever has been made to the rule in regard to contact.
2. It is *STILL* a requirement to straighten the leg in the vertically upright position which means that any competitor who does not straighten the leg in that position will still get disqualified.
3. Judges decisions are final and there is no appeal on those grounds
4. This modification applies only to VMA club championships and only for the year 2004 at this stage. Other events will be conducted under current IAAF rules unless the organisation conducting the event makes a specific modification.

A large number of current records were set under this rule so there is no problem regarding the integrity of any records that may be set during 2004. The committee will review the feedback from the championships towards the end of 2004 to consider whether to extend the use of this modification. Alan Lucas will be collating feedback about the change and submissions should be forwarded to him.



10- Km Walk World Championship
New Zealand

6075 Judith Kenyon (Australia)

6083 Lynne Schickert (Australia)

VICTORIAN MASTERS ATHLETICS INC. - Club Records as at 19 January 2004

WEIGHT PENTATHLON (2002 Tables)							
AGE NAME	POINTS	DATE	HAMMER	SHOTPUT	DISCUS	JAVELIN	WEIGHT
M30 Terry Baldwin	2,236	2.4.95	26.64	10.90	35.38	42.54	8.27
			297	540	571	479	349
<i>Yohan Amerasekera</i>	<i>3,115</i>	<i>12.10.02</i>	<i>37.40</i>	<i>14.09</i>	<i>45.45</i>	<i>46.39</i>	<i>12.63</i>
<i>not financial</i>			<i>470</i>	<i>734</i>	<i>776</i>	<i>535</i>	<i>600</i>
M35 Roger Glass	2,850	27.3.88	45.20	12.39	38.82	25.64	13.92
			597	665	641	254	693
M40 Hans Lotz	3,543	11.4.92	61.34	12.87	39.16	29.86	16.60
			947	680	648	351	917
M45 Rod Guy	3,584	11.5.91	44.06	12.54	41.58	46.54	12.45
			713	725	739	695	712
M50 Graeme Rose	4,078	22.7.95	50.48	13.36	42.64	51.08	16.22
			823	809	718	818	910
M55 Graeme Rose	4,288	4.7.99	47.05	12.72	37.84	46.19	16.98
			861	864	696	812	1055
M60 Tom Hancock	4,229	22.3.98	41.92	12.72	46.10	42.84	14.88
			825	861	907	789	847
M65 Tom Hancock	4,698	6.1.02	41.48	12.24	41.74	41.49	15.54
			939	976	917	866	1000
M70 Aivars Pavulins	4,150	8.1.95	37.02	11.76	37.14	32.48	13.74
			837	808	922	688	895
M75 Roy Foley	4,520	11.4.92	43.10	9.79	35.08	18.84	14.81
			1193	772	1015	411	1129
M80 John Fraser	4,357	17.3.96	35.04	9.00	24.74	16.40	14.49
			1155	853	810	353	1186
M85 John Fraser	4,444	12.12.99	27.51	7.60	21.73	11.84	12.80
			1123	888	871	313	1249

W30 Kelly Carvill	2,859	11.3.01	35.02	10.56	34.06	32.15	10.39
			611	566	540	517	625
W35 Chris Schultz	3,944	7.12.87	38.24	14.77	45.10	36.58	12.68
			789	900	779	602	874
W40 Chris Schultz	4,214	24.2.91	39.38	13.58	43.82	34.22	11.77
			959	922	821	618	894
W45 Chris Schultz	4,685	26.7.97	37.24	12.68	42.46	31.12	12.94
			1077	975	868	642	1123
W50 Chris Schultz	4,535	13.7.01	37.88	13.87	40.35	32.18	12.94
			874	1147	905	742	867
W55 Jan Davies	4,173	5.4.99	44.81	9.57	24.77	23.62	13.18
			1192	829	568	600	984
W60 Val Worrell	3,588	26.7.98	32.68	7.85	22.54	17.64	12.45
			929	739	574	491	855
W65 Lydia Widera	4,188	14.3.93	31.18	8.36	25.72	19.46	11.29
			1009	905	771	630	873
W70 Lydia Widera	4,241	17.3.96	27.08	7.60	21.94	18.38	9.93
			998	937	746	684	876
W75 Gwen Davidson	4,371	23.8.98	23.60	6.81	18.22	14.74	9.91
			1015	972	716	628	1040
W80 Gwen Davidson	4,418	23.3.03	21.67	6.24	14.99	11.87	7.47
			1134	1064	702	596	922

PENTATHLON (Incl Shotput & using IAAF Tables & 2002 Factors)								
AGE NAME	POINTS	DATE	LONG J	JAVELIN	200M	SHOTPUT	1500M	/800M
M30 David Lynch	3,008	5.4.99	5.94	52.78	24.7	10.26	4.38.2	
			574	630	611	501	692	
M35 Russell West	2,112	31.3.97	5.03	22.20	26.5	5.90	4.42.6	
			437	204	541	243	697	
M40 John Creek	3,055	4.4.99	5.88	41.87	24.50	9.14	5.22.5	
			704	548	811	448	544	
M45 Tom Gerrard	2,801	31.3.97	4.63	37.94	25.5	8.59	5.37.6	
			471	538	785	459	548	
M50 Peter Young	2,374	31.3.97	4.89	40.42	31.6	12.25	DNF	
			615	613	415	731	0	
M55 Graeme Noden	3,177	31.3.97	5.21	30.64	26.43	7.69	6.14.53	
			811	487	883	473	523	
M60 Graeme Noden	3,397	13.4.98	5.32	29.72	27.36	7.93	6.24.09	
			975	500	880	490	552	
M65 Alex Harris	2,971	31.3.97	3.73	26.98	31.5	7.49	5.58.4	
			544	508	628	547	744	
M70 Stan Stankovic	2,918	31.3.97	3.91	24.96	33.1	9.03	7.09.3	
			723	494	609	591	501	
M75 Stan Stankovic	3,059	5.4.99	3.07	21.19	33.38	6.66	7.23.93	
			741	480	774	486	578	
M80 Andy Smith	1,381	31.3.97	1.82	10.96	44.2	4.61	9.30.2	
			164	196	360	379	282	

W30 Jennifer Baldwin	2,673	13.4.98	5.00	27.03	27.78	8.52	2.36.57	
			559	420	648	433	613	
W35 Cathy Orelli	1,807	31.3.97	3.66	15.40	29.9	6.27	2.41.4	
			263	204	472	311	557	
W45 Kathy Heagney	2,459	?10.97	3.67	17.74	28.84	6.07	2.45.62	
			379	327	711	399	643	
W50 Chris Battersby	2,997	31.3.97	3.78	28.48	33.0	10.31	3.16.9	
			490	645	641	814	407	

PENTATHLON (Incl Discus, with both 2002 WMA & *AAVAC points)							
AGE NAME	POINTS	DATE	LONG J	JAVELIN	200M	DISCUS	1500M
M30 Terry Baldwin	3,121	3.3.96	6.32	42.66	23.2	36.32	4.45
			657	481	744	590	649
	*3,808		816	588	972	632	800
M35 Terry Baldwin	3,589	1.3.98	6.57	52.78	22.8	33.88	4.35.3
			790	664	861	541	733
	*4,090		891	770	1008	573	848
M40 Ray Mooney	3,318	3.12.87	5.71	45.24	25.85	31.82	4.30
			661	604	695	500	858
	*3,400e		633	634	734	524	875
M45 David Sheehan	3,220	12.4.93	5.36	33.94	24.72	22.58	4.39.33
			655	467	874	342	882
	*3,317e		647	527	925	340	878
M50 Rudi Hochreiter	3,520	8.8.77	5.09	38.18	25.2	35.74	5.04.4
			670	571	890	579	810
	*3,881		680	705	972	721	803
M55 Rudi Hochreiter	3,657	?6.85	4.70	41.80	26.2	34.78	5.24
			652	719	881	628	777
	*4,016		680	890	972	694	780
M60 Rudi Hochreiter	4,081	3.12.87	4.91	40.54	27.14	39.36	5.21.58
			830	738	898	750	865
	*4,471e		950	855	977	822	867
M65 Rudi Hochreiter	4,018	28.3.92	4.70	35.78	28.42	40.16	6.15
			888	723	868	875	664

M70 Mike Johnson	*4,602e 3,945	15.10.91	1050 4.75	825 28.00	1042 28.1	935 24.76	750 6.06.4
M75 Stan Stankovic	*4,652 3,045	7.3.99	1293 3.58	648 28.52	1251 35.3	517 25.48	943 8.48.5
M80 Stan Stankovic	*3,321 2,288	16.3.03	768 3.23	778 26.28	873 50.1	619 23.55	283 DNF
M85 Vic Younger	2,074	4.3.01	725 2.59	650 17.02	150 48.2	763 14.41	0 DNF
M90 Vic Younger	2,673	16.3.03	608 2.53	508 15.05	431 58.1	527 13.11	0 DNF
W30 Jennifer Baldwin	2,856	8.4.96	532 4.90	403 26.08	751 26.3	436 28.60	734 2.26.8
W35 Jennifer Baldwin	*3,260 2,699	10.3.02	672 4.51	433 27.86	882 26.9	464 30.02	809 2.36.8
W40 Christine Battersby	2,594	19.3.88	474 4.60	436 21.44	700 29.3	479 25.04	610 2.42
W45 Christine Battersby	*2,955 3,332	15.10.91	640 4.55	363 29.52	761 28.4	391 29.52	800 2.43.9
W50 Christine Battersby	*3,629 3,309	1.4.94	640 4.24	363 28.58	761 30.27	391 26.54	800 2.55.79
W55 Margaret Dunbar	*3,490e 2,745	12.4.93	648 3.38	617 18.22	858 31.48	494 22.36	810 3.22.47
W60 Betty Woodburn	*2,680e 2,647	21.4.87	443 3.31	441 24.24	887 37.4	502 16.70	423 3.44
W65 Lydia Widera	*2,610 3,436	7.3.91	432 3.24	358 20.72	857 36.3	373 23.36	660 3.33
W70 Gwen Davidson	*3,528 3,368	7.3.93	497 3.51	682 16.78	608 35.9	255 16.70	568 4.34
	*2,798		598 848	677 439	776 908	688 295	697 248

VICTORIAN MASTERS ATHLETICS INC. - Club Records as at 14 January 2004
DECATHLON (WMA/IAAF Tables)

AGE NAME	POINTS	DATE	100M HURDLES	LONG J DISCUS	SHOTPUT POLE V	HIGH J JAVELIN	400M 1500M
M30 Terry Baldwin	6,320	21.12.96	11.4	6.45	11.03	1.83	51.5
		22.12.96	723	686	548	661	741
			15.7	34.44	3.50	48.30	4.44.71
M40 Clyde Riddoch	4,468	13.7.95	713	552	482	563	651
		14.7.95	14.75	4.98	9.14	1.49	61.05
			301	487	448	496	517
M45 Terry Hicks	5,291	17.1.04	20.37	31.80	2.00	37.68	4.59.8
		18.1.04	391	500	179	478	671
			13.02	5.48	6.95	1.49	57.31
			649	686	350	569	737
M50 John Neale	5,066	4.7.01	21.39	22.59	2.40	30.15	4.41.97
		5.7.01	380	342	314	399	865
			13.76	4.35	8.89	1.38	64.37
		5.7.01	601	471	497	536	555
			18.37	31.95	2.20	31.27	5.38.67
M55 Jim Poulter	4,880	4.7.01	534	503	305	442	622
		5.7.01	14.54	4.94	7.88	1.31	68.61
			547	725	487	536	489
			20.32	22.80	2.80	22.50	6.53.3
			481	368	565	322	360

M60 Rudi Hochreiter	7,205	27.7.89	13.18	4.82	11.53	1.41	63.21
			856	799	768	740	741
		28.7.89	19.62	41.46	2.30	42.12	5.48.33
M65 Norm Keith	3,800	13.7.95	553	799	454	773	722
		14.7.95	15.67	3.62	7.61	1.18	75.48
			518	508	558	560	422
M75 Syd Elks	4,956	4.7.01	DNF	24.08	NH	20.26	7.12.78
		5.7.01	0	467	0	348	419
			15.72	3.41	6.42	1.10	79.08
			721	657	465	661	702
M90 Vic Younger	4,199	22.2.03	20.99	13.45	1.10	16.53	7.28.42
		23.2.03	365	306	173	345	561
			31.69	2.25	5.86	0.92	DNF
			0	776	884	831	0
			49.76	13.72	1.15	13.30	DNF
			0	665	490	553	0

HEPTATHLON (WMA/IAAF Tables)

AGE NAME	PTS	DATE	HURDS	HIGHJ	SHOT	200M	LONGJ	JAV
W30 Jennifer Baldwin	3,475	20/21.1.98	18.62	1.43	7.82	27.83	4.87	3.54
			426	544	388	644	524	355
W35 Jennifer Baldwin	3,822	9/10.2.02	18.35	1.41	9.01	28.23	4.78	29.06
			492	577	497	613	548	459
W40 Christine Bridle	3,444	9/10.2.02	16.47	1.35	7.38	30.37	4.34	20.16
			486	599	441	581	500	327
W45 Christine Battersby	4,969	27/28.7.89	14.71	1.39	8.67	28.07	4.47	24.74
			805	759	623	894	626	491
W50 Gloria Seymon	3,674	18/19.7.91	17.44	1.15	9.10	32.31	3.69	25.28
			454	544	702	705	461	562
W65 Gwen Davidson	4,335	27/28.7.89	20.09	1.20	6.95	33.12	3.10	14.70
			572	1041	729	1002	538	453

King Island Imperial 20 - The Eric Greaves Award

This year's King Island Imperial 20 was held on Sunday 7th March. The Committee excelled themselves yet again. Everything was just perfect and weekend was a highlight in our running calendar. As always the King Island hospitality was very special.

Since the passing of Eric Greaves, each year there has been a presentation made in his memory. It is a very special award to receive. The award is in recognition of someone that has indeed made a contribution to the event in a manner that somewhat resembles Eric's fortitude. That is, has a love of participation regardless of other issues, is supporting of and inspirational to other contestants and basically likes to be involved and have a good time.

This year the recipient of this very special award was our Judy Wines.

Judy has now participated in seven Imperial 20 events. Each year Judy has participated she has won her age category. Last year she was presented with her own perpetual running number for the event. There are only two ladies with their own numbers, the other lady, Jane Sturzaker, was inspired by Judy to improve her running and visit King Island year after year with her.

Judy was described in the form book as: *another of our "addicts", returning for her 7th consecutive start and has matured superbly with consistent times.*

Congratulations Judy on your great participation, inspiration and involvement for the last seven years - a special award to a special person.

Running over Forty

An extract: source unknown

There was a time when a sportsman of any kind was considered too old at 28, over the top at 30. 'Ageing legs', the commentators would say, knowingly. Sport was all right for young people and students, but certainly too frivolous for anyone over thirty, and downright irresponsible for a family man. The older you got, the less exercise was recommended.

These prophecies were, of course, self-fulfilling. We say we are too old, so we stop taking exercise, so we become less fit, so we cannot do as much. How things have changed! Nowadays the family man is being urged to take more exercise, cut down on his cholesterol intake and reduce his waistline, for the sake of his heart.

The first question people will ask is: Am I too old to take up running? The answer to that is that you are never too old, though it must be said that the number of ninety-year-olds in competition is pretty small. What they are really asking is: Is it too late? Can I still hope to perform as well as I did when I was 18?

Don't worry! The world is full of examples of what can be done. The seventy-year-old weight-lifter is stronger than the average thirty-year-old, the seventy-year-old ballet dancer is more flexible than the average thirty-year-old and the fit seventy-year-old runner will outrun the majority of thirty-year-olds at any distance over a mile. The 70-year-old Canadian Ed Whitlock recently ran 10 kilometres in just over 38 minutes, which would put him in the top 10% of most races in Britain or North America. Such people owe their achievements not to the fact that they were outstanding when they were younger but to the fact that they have continued to practice the activity they enjoy.

It's easier for those who have been famous, because society tolerates them, even celebrates them; we can recall Jean Borotra and Kitty Godfrey playing tennis into their nineties, or Gene Sarazen teeing off at Augusta in the Master's. For those who are less distinguished, though, it sometimes requires moral courage, and this book is designed to reinforce that courage.

When we are young, we feel immortal and in a sense we are, because our cells renew themselves constantly. As we get older, the rate of cell division slows down, there is a loss of elasticity and some tissues perform less efficiently. The questions we need to look at are:

- How early do these changes set in?
- Is there anything we can do to reverse the process?
- What level of performance can we expect at a certain age?

Athletics has the advantage of being completely measurable, so we can see just what is happening. Having been a teacher for thirty years, I have seen that in our civilization, people reach their physical peak between the ages of 16 and 18, and from then on their physical condition depends on their physical activity. Former pupils who come back a year or two after leaving school are already less fit, unless they have got into active sport. One of the spin-offs from the Vietnam war was that American surgeons had the opportunity of examining a lot of young corpses, and they found that most of those in the 19-21 age group already showed signs of degeneration, in the sense of increased fat storage and higher fat levels in the blood.

For those who take up regular training, it is quite different. We can look at records and see that it is possible to remain at the very highest level up to the age of 35, if not further, as long as you have the motivation to train properly. Linford Christie and Merlene Ottey showed that this is true for the sprints. In the longer distances, we can quote the examples of Carlos Lopes winning the World cross-country title and the Olympic marathon at the age of 37 and Eamonn Coghlan running a sub-four-minute mile at the age of 40. The message we can take from this is that it is possible to reverse most of the effects of ageing by taking the right kind of exercise.

What are the signs of ageing? By the late thirties, and sometimes as early as thirty, we can see the following:

- Increasing weight
- Thickening waistline
- Declining strength
- Poor posture
- Lack of vigour
- Loss of flexibility
- Slower movements
- Breathlessness
- Lack of stamina
- Thinning hair
- Wrinkles

These outward signs are often accompanied by a general feeling of heaviness and malaise, sleeplessness and loss of appetite. Almost all of these things can be reversed by exercise:

- Your weight and your waistline will be brought down by burning up more calories per week and by sensible eating.
- Your muscular strength will improve rapidly with training. As your abdominal and back muscles get stronger and your fat declines, your posture will improve. The confidence and sense of well-being which come from

being fit will make you more vigorous. Flexibility can be improved by regular stretching exercises. With less weight to carry and with increased fitness and strength, you will move faster and more easily.

Training brings a big improvement in oxygen intake. You will still get breathless when training hard, but you will be able to cope easily with ordinary life. The increase in your powers of endurance will surprise you. Those who couldn't jog a mile can become fit enough to run a 26-mile marathon.

This still leaves us with the thinning hair and the wrinkles, but somehow, when you are fit healthy and happy about your body, they don't seem to matter as much.

VMA Committee Meeting

Monday 1st March 2004

CLUB CAPTAIN'S REPORT – David Sheehan

David advised the 6th of June Cross Country Run will now be held at Boeing Reserve Strathmore, due to Collingwood not being available on the day. Rather than change the date again, we opted for this course with VCCL who will map out the course. We will revert back to Collingwood next year.

Chas Mcrae- Knox Venue will confirm on Wednesday 3 March that we can have the track for the 10K event end May. If not available on the night, then we will seek out Aberfeldie venue. [Knox is now confirmed.]

VENUE REPORTS

Rob went through a "To Do List" he had compiled with 49 items for the Vic Track and Field events. **Each committee person was given a number of items relating to their venue to follow up to make sure everything will be running smoothly on that weekend.**

Doncaster – Richard Trembath

Richard reported that the Landy Trophy night went off extremely well. Rob was present at Doncaster and congratulated Richard saying that he had conducted this meeting in a first class manner.

East Burwood

Don advised that a very successful "Mile Challenge" and other events night for both runners and walkers at this venue went off extremely well. Many visitors from other venues competed.

VMA Committee Meeting

Monday 5th April 2004

VENUE REPORTS

Rob Waters commented that a reminder notice be sent for the 10K championship.

Doncaster - Richard reported that he and three other person went to Terang and ran in the Terang Gift two weks ago. Some people came from Terang last year to run in th Winter Championships held at Doncaster and they were impressed with the Masters Athletics. They may be interested in setting up a venue in the future.

Rob reported that Frank Donnelly of Heywood in Western Victoria wants to start a venue at Portland. He submitted ideas to the City of Portland and they have offered him a ground for six months rent free. Rob gave him details of VMA venues and advised the procedures we have in place and said that he would assist in setting then up when required.

Ken Walters advised that Swan Hill and Gippsland venues no longer exist.



10 Km Walk - WMA World Championship NZ
 4004 Ross Gaastra (New Zealand)
 4534 Barabush Vladimir (Russia)
 5004 Roberto Cervi (Italy)
 4514 Colin Heywood (Australia)
 4519 Andrew Jamieson (Australia)

Athletics International Inc.

Presents

The Sub-Four Minute Mile "50 Years On"

Special Guests - John Landy, John Walker, Herb Elliott, Merv Lincoln, Simon Doyle and many of Australia's great sub 4-minute milers.

On 6 May 1954, at the Iffley Rd Track, Oxford England, Roger Bannister created athletic history when he broke four minutes for the mile in a world record time of 3:59.4. Six weeks later, on 21 June in Turku Finland, Australia's John Landy clocked 3:57.9 to better Bannister's time.

It is now fifty years on and Athletics International invites you to join us and many of our world and Australian great "milers" to celebrate this special period in athletic history.

Date: Monday 21 June, 2004

**Venue: Crown Palladium Ballroom,
Whiteman Street, Southbank**

Time: 7.30pm

Dress: Lounge Suit

**RSVP: 7 June 2004
(be early as numbers are limited)**

Inquiries: Bob Lay (03) 9545 1595 (m) 0409 429 646,
Charlene Rendina (03) 9434 6868 or
Trevor Vincent (03) 9802 4690 (m) 0407 922 597

The Sub Four Minute Mile – "50 Years On" Anniversary Dinner Booking Form

Host: _____ Email: _____
Address: _____ Post Code: _____
Phone: _____ Phone: (m) _____

Guests: Tables of 10, including host. Individual, couples and groups smaller than 10 are most welcome.
(Please indicate any special dietary requirements or seating requirements on the back of this booking form).

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____
7. _____ 8. _____ 9. _____
10. _____

Total No. of Tickets _____ @ \$90:00 each all inclusive Total \$ _____

Please forward with cheque made payable to 'Athletics International Inc' to :-The Treasurer, Athletics International Inc.
40 Weidlich Road, Eltham North 3095

by Monday 7 June 2004 (Entrée cards will be issued as receipt)



20 Km Walk World Championship New Zealand
Lynette Ventris (Australia) in 1:44:09

INTER-VENUE ONE MILE CHALLENGE

East Burwood, 26 February, 2004

(Bob Hayes)

A warm and sunny but completely still evening greeted walkers and runners who attended Bill Sewart Athletic Track to compete in the Sixth Annual East Burwood One Mile Challenges. The event was introduced in 1999 on the initiative of EB Manager at the time, John Gosbell, who perceived opportunities for Vets (now Masters) to add their names to the record lists in a classic, but rather neglected competition distance. The event also provides opportunity for quality 'tune-ups' for competitors entering upcoming State and National Championships each year.

Maintaining the record setting and breaking tradition, new Victorian Masters One Mile Records were achieved by six walkers and two runners. Runners, Lavinia Petrie (W60) and Bob Lewis (M75) also broke existing Australian records. Bobby, who appears somehow to have reversed the ageing process, broke his own record, set in the same event last year, by 6.6 sec. - a fantastic effort! Another outstanding performance was that of walker, Brenda Riley (W65) whose time of 8:22.2 equated to a 97.77% Age-Graded effort. Remarkable!

The 17 walkers competing needed to satisfy the scrutiny of the five Walk Judges officiating; Alan Johnson, Lloyd Nichols, Ken Walters, Marlaine Stanway and Robin Wood.

Trophy winners were:

Walk - Fastest Woman, Alison Thompson; Fastest Man, Simon Evans

Best Age - Graded Woman, Brenda Riley; Best Age - Graded Man, Tony Johnson

Run - Fastest Woman, Julie Norney; Fastest Man, Michael Bialczak

Best Age - Graded Woman, Lavinia Petrie; Best Age - Graded Man, Bob Lewis

VMA Club Captain, David Sheehan presented Achievement Certificates (Elite, Advanced and Credit) to competitors who achieved the necessary age-graded percentage levels. (We ran out of elite certificates. These will be presented as soon as a supply is located.)

A big THANK YOU to the many officials and helpers who facilitated the smooth running of the program including, David Nobbs (starter); John Sutton, Tony Martin and Les Clark (timekeepers); John and Phyllis Gosbell (result processing); and the five walk judges (identified previously). Andrew Fraser attended to the selection and purchasing of the handsome trophies awarded. Thanks also to VMA members from the several venues who participated and provided much appreciated support and to EB venue members who provided a great supper. A good night was enjoyed by all!

(The tentative date for the 2005 'edition' is Thursday 24 Feb. Looking forward to seeing you all again.)

Details of performances and new record holders follow:

ONE MILE WALK CHALLENGE

	Age	Time	Age-Gr. %	Records set
Simon EVANS	43	7:21.2	82.05	
Alison THOMPSON	50	8:08.6	87.60	
Alan LUCAS	56	8:09.1	82.19	Vic M55
Brenda RILEY	64	8:22.2	97.77	Vic W60
Tony JOHNSON	63	8:26.4	84.72	Vic M60
Marlene GOURLAY	65	8:28.9	85.67	
Janet HOLMES	50	8:31.4	83.69	
Liz FELDMAN	55	8:43.4	85.59	Vic W55
Gwen STEED	61	8:53.4	88.24	
John MORRISON	64	9:16.1	77.86	
Terry DUNN	66	9:27.4	77.90	Vic M65
Elaine McLEAN	48	10:59.7	63.82	
Tina BAARSLAG-LEB	70	11:22.9	77.02	Vic W70
George SIMONS	58	12:34.1	59.94	

Disqualifications: Jean Knox, Annette Hawkins, Colin Thompson, Marg Wegner.

ONE MILE RUN CHALLENGE

	Age	Time	Age-Gr. %	Records Set
Michael BIALCZAK	44	4:43.7	85.81	
Bert PELGRIM	47	4:54.5	84.57	
Dragan ISA ILOVIC	44	4:55.2	82.47	
Colin PAGE	50	5:02.5	84.29	
Max HOWARD	51	5:10.1	82.91	
Ashley RYAN	49	5:18.2	79.50	
Peter WELCH	39	5:22.1	72.88	
Julie NORNEY	35	5:32.4	76.59	
Michael Richards	52	5:35.2	77.34	
Graham PHILPOTT	61	5:36.6	83.49	
Wayne JAMES	40	5:40.2	69.49	
Sam DeFANIS	55	5:40.9	77.99	
Lavinia PETRIE	60	6:05.7	87.62	Aust, Vic, W60
Annette PELGRIM	49	6:11.0	77.28	
Bob LEWIS	76	6:26.5	87.01	Aust, Vic, M75
Colin THOMPSON	55	6:46.5	65.40	
Peter BATTRICK	60	7:13.7	64.16	
Chas McRAE	71	7:17.8	71.72	
Frank TUTCHENER	76	7:27.2	75.20	

Major Competitions

Oceania Track and Field Championships
21st-28th October, 2004, Raratonga, Cook Islands

World Masters Track and Field Championships
22nd August- 3rd September 2005, San Sebastian, Spain

NEW VICTORIAN, AUSTRALIAN & PENDING WORLD RECORDS

Age	Event	Name	State Performance	%Std	Date	Location
Pending World Records:						
W50	Mile	Jeanette Flynn	Qld 5:13.6	94%	14-2-04	QEII, Brisbane
W70	Weight Pent	Heather Doherty	Qld 4,306 pts	71%	13-3-04	QEII, Brisbane
Australian Records:						
M50	Half Marathon	Ron Peters	Qld 71:32	92%	6-7-03	Gold Coast
W40	Hammer	Jayne Hardy	ACT 46.14m	86%	26-7-03	Canberra, ACT
W45	Hammer	Sharon Gibbons	ACT 42.69m	88%	30-10-03	Canberra, ACT
W80	100m	Gwen Davidson	Vic 19.93s	84%	2-11-03	Canberra, ACT
W75	Pentathlon	Shirley Brasher	Tas 2,320 pts	55%	14-12-03	Hobart, Tas
W45	Hammer	Sharon Gibbons	ACT 43.87m	90%	18-12-03	Canberra, ACT
W30	Heptathlon	Cherie Rothery	SA 3,813 pts	64%	17/18-1-04	Adelaide, SA
W60	3k Walk	Gwen Steed	Vic 17:22.72	87%	13-2-04	Olympic Park, Vic
M65	2k Steeple	Alan Bradford	Qld 7:18.2	101%	14-2-04	QEII, Brisbane
M65	Decathlon	Don Fraser	ACT 6,989 pts	71%	22-2-04	QEII, Brisbane
W60	Mile Run	Lavinia Petrie	Vic 6:05.7	88%	26-2-04	East Burwood, Vic
M75	Mile Run	Bob Lewis	Vic 6:26.5	87%	26-2-04	East Burwood, Vic
W75	100m	Ann Cooper	SA 16.0s	96%	4-3-04	Adelaide, SA
W75	200m	Ann Cooper	SA 33.6s	95%	5-3-04	Adelaide, SA
M40	800m	Robert McCubbin	Vic 1:52.80	96%	12-3-04	Canberra, ACT
M85	1500m	Peter Brownbill	Vic 7:53	66%	13-3-04	Murrumbeena, Vic
W60	5k Walk	Brenda Riley	Vic 27:20.0	98%	13-3-04	Murrumbeena, Vic
M75	Javelin	Colin Murraylee	Qld 32.92m	72%	13-3-04	QEII, Brisbane
M60	Weight Throw	Graeme Rose	Vic 18.72m	87%	14-3-04	Murrumbeena, Vic
M60	Javelin	Graeme Rose	Vic 48.98m	81%	14-3-04	Murrumbeena, Vic
W55	1500m Walk	Liz Feldman	Vic 7:49.04	88%	14-3-04	Murrumbeena, Vic
M65	Long Jump	Don Fraser	ACT 5.05m	89%	14-3-04	Canberra, ACT
M40	800m	Robert McCubbin	Vic 1:51.56	98%	14-3-04	Canberra, ACT
M35	Pole Vault	Howard Arbuthnot	Qld 4.70m	83%	19-3-04	St Lucia, Qld
M70	Javelin	Erkki Saarinen	Qld 39.37m	79%	20-3-04	QEII, Brisbane
M35	Weight Throw	Russell Devine	Vic 16.86m	71%	20-3-04	Murrumbeena, Vic
M75	Javelin	Colin Murraylee	Qld 34.53m	76%	28-3-04	Gold Coast
M70	Javelin	Erkki Saarinen	Qld 41.57m	83%	3-4-04	QEII, Brisbane
M30	3000m	Brendan Gray	Qld 8:46.49	85%	4-4-04	QEII, Brisbane
W70	Shot Put	Heather Doherty	Qld 8.30m	82%	4-4-04	QEII, Brisbane
Victorian Records:						
W45	100m	Margaret Tweedie	12.9s(=)	91%	16-3-02	Aberfeldie, Vic
M80	Marathon	Ken Matchett	5:17.41	63%	13-4-03	Canberra, ACT
M30	Discus	Steven Polizzi	40.26m	57%	7-2-04	Geelong, Vic
M55	One Hour Run	Jeff Walker	15,303m	-	10-2-04	Geelong, Vic
W55	Mile Walk	Liz Feldman	8:43.4	86%	26-2-04	East Burwood, Vic
W60	Mile Walk	Brenda Riley	8:22.2	98%	26-2-04	East Burwood, Vic
W70	Mile Walk	Tina Baarslag-Leb	11:22.9	77%	26-2-04	East Burwood, Vic
M55	Mile Walk	Alan Lucas	8:09.1	82%	26-2-04	East Burwood, Vic
M60	Mile Walk	Tony Johnson	8:26.4	85%	26-2-04	East Burwood, Vic
M65	Mile Walk	Terry Dunn	9:27.4	78%	26-2-04	East Burwood, Vic
M65	4 x 100m	Gerry Robinson, Alan Wood, Terry Dunn & George Simons	63.3s	-	2-3-04	Croydon, Vic
M50	High Jump	Bill Ronald	1.62m	84%	13-3-04	Murrumbeena, Vic
M90	Hammer	Vic Younger	11.28m	42%	13-3-04	Murrumbeena, Vic
W45	2k Steeple	Ruth Reidy	8:05.8	85%	13-3-04	Murrumbeena, Vic
W80	Discus	Gwen Davidson	15.98m	57%	20-3-04	Murrumbeena, Vic

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

Biological Terrain Analysis

From: Franz Harpain (<franz, radianthealthco-op.com>)

Article from SportsDialog Weekly Masters Athlete Digest #002 of 18 April 2004

Cars have a computer system that gives warning signals when things aren't running as they should.

The signal may indicate that service is required soon . . . or that you should get your car attended to immediately!

Similarly our bodies have sophisticated biological systems sending out warning signals. Except most of us are very good at ignoring the signals. And even if we are taking notice, we usually have no clear idea what exactly these signals mean or what to do about them.

Then there are those cases where no obvious signal is perceived. We think we are doing fine and suddenly a heart attack strikes or cancer is diagnosed.

To help us sort out in a very objective way any warnings we might or might not be aware of, and to give us a heads up on any potentially approaching trouble, we can make use of a Biological Terrain Analysis or BTA for short.

Just like the diagnostic computer system in your car, the BTA is a computerized sensing system that lets you know just how good or bad your body is functioning.

A BTA consists of nine highly accurate readings taken in three fluids – blood, saliva and urine.

In each fluid, three readings are taken . . . pH, resistivity and redox (or rh2).

pH measures how acid or alkaline the fluid is.

Resistivity measures resistance to electrical current passing through the fluid. That in turn gives an indication of mineral concentration in the fluid. Less resistance means greater concentration, more resistance means smaller concentration.

Redox or rh2 measures reduction or oxidation potential of the fluid at a specific pH. Everyone these days has at least heard about free radicals and oxidative stress. The redox reading gives an indication of how much oxidative stress we are experiencing and how well we could handle any increase.

There are optimal ranges for each of the nine readings.

If you are within these ranges, you will feel even better knowing objectively that all is well and is likely to stay well.

On the other hand, if one or more readings are outside of the optimal ranges, it is an objective warning signal to correct the situation.

The further you are from the optimal ranges, the more likely it is that you will get or remain ill. Unless of course you take corrective action.

The initial BTA gives a baseline reading. A health care practitioner trained in interpreting the BTA can then give advice on how to get you back to optimal numbers and optimal health.

Two or three months later a follow up BTA shows objectively whether or not any changes made or treatment regimens undergone are actually working to make things better.

Sometimes treatments that we undergo or drugs we take just mask the symptoms and make matters worse. We might feel better because we have suppressed the symptoms. In reality the side effects are a great insult to our body and are sure to come back and haunt us.

The BTA is a wonderful tool to spot such questionable treatments and drugs.

The caveat here is that in some extreme situations where survival is at stake, we may have to temporarily or even permanently take drugs and treatments that might lead to a worsening of our biological terrain.

Long term, our objective should, as much as possible, be to not only feel better but to actually be healthier.

Often people decide to make some dietary or lifestyle changes based on the latest book or fad. Just because it works for some does not necessarily mean it is right for you. Again a follow up BTA will let you know if you are heading in the right or wrong direction.

It is important to point out that the BTA is not designed to make specific diagnoses for specific diseases. It is designed to give an accurate snapshot of the overall level of health of the body.

The BTA can however point in the direction of possible weaknesses and so suggest specific tests to more accurately determine the exact nature of the abnormal readings.

To illustrate this point as well as give you a feeling for the power of the BTA, allow me to discuss my personal experience with it.

When I first read about the BTA it immediately made sense that it should be front and center in the health care of any person, no matter how well or how ill.

For thirty-five years, until I retired as a mathematics instructor at Langara College in Vancouver, I had not missed a single day of classes due to illness. A pretty good measure of health by any standard.

Nevertheless I thought it prudent to have a BTA done.

It turned out that the mineral content in my blood was too high and that of the urine too low. One likely explanation would be that the kidneys were not functioning up to par. So the next obvious step was to run some kidney function tests to get further information.

My BTA also indicated that my blood was too alkaline, indicating a cellular acidosis.

That really took me by surprise because I have been a vegetarian, more or less, (and mostly more) for the last thirty-eight years.

Cellular acidosis is a precursor to many of the degenerative diseases associated with aging. Experts suggest that one is unlikely to get such diseases in a proper alkaline cellular environment.

Like many vegetarians, I had been eating a lot of grains. What was unknown to me is that grains are generally acid forming and not as good for us as usually believed.

Archeological bone evidence clearly shows that when our ancestors went from being only hunter gatherers to developing agriculture, the increase in grains eaten produced a clear drop in their health.

Also I am very fond of fruit. Again unknown to me, the sugar hit from excessive fruit consumption - one of my vices - can be acid forming.

And yes, I have to admit that I did indulge in the usual sweet deserts most of us consider acceptable. Again acid forming.

So for one month I went on a zero tolerance diet consisting only of the right amounts of high quality proteins and fats for my body type, lots of vegetables, lots of clean water, and some whole food supplements.

If you are concerned about the absence of the word "carbohydrate" from the above list, don't be. The vegetables in my diet supplied me with ample amounts of excellent carbohydrates.

No processed foods, no grains, no fruit and no deserts. In other words a diet 80% alkaline forming and 20% acid forming - as recommended by the experts.

A follow up BTA at the end of that month already objectively showed significant improvement.

And subjectively I noticed several things . . .

The sinus congestion present since childhood disappeared.

Bowel movements became more regular and complete.

And gone is the extra one-inch of waistline that had materialized since retirement.

Currently I have reintroduced a modicum of grains (the ones less acid forming) and a reasonable amount of fresh fruit in season. I will be sure to monitor the effect of this on the BTA.

There are of course factors other than diet that can contribute to cellular acidosis. If dietary changes alone don't get me back to optimal ranges, those factors will need to be looked at.

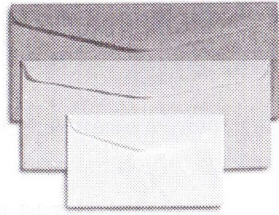
Had I not done a BTA, it is unlikely I would have been motivated to make any changes and so would not now be experiencing the manifest benefits.

Even more important - future health challenges are surely less likely to occur - hopefully even with something a bit more relaxed than total zero tolerance.

So do yourself the same favor - spend the time and a few dollars to run a BTA - you'll be glad you did.

In radiant health, Franz Harpain

Your Letters



Why \$2 Costs Me \$203.

In March N&R (p22-23) there was an article submitted by Don McLean regarding the matter of fees and costs of running the club. Having read the article before publication I am taking this opportunity to present a different view to the matter and hopefully lead to a balanced approach and positive outcome to the issues raised. Firstly it is easy to say that our fees are only \$2 and too cheap. Like many of our members I compete at two venues most weeks. If over the course of the year I compete twice a week for 42 weeks I pay \$168 plus annual subs of \$35 giving a total of \$203 p.a. How does this compare with other athletics clubs?

I don't know about all clubs but I am a dual member competing for Ringwood. Full members of Ringwood pay \$155 per year for which they are able to use the Proclamation Park track and clubroom facilities 6 or 7 days per week for training if they are that keen plus compete at interclub for up to 14 times if they make the finals with all the various qualified officials being in attendance. At that price it could be argued that the \$2 per night that we pay is not as cheap as we think.

Most people only have a finite amount of money to spend on recreational activities and will adjust their spending accordingly if situations change. Certainly for my part if fees were increased substantially then I would compete less frequently so that the total that I spend does not alter. This means that I would stay away 28 times during the year if the \$2 fee was changed to \$3 and just go training

instead. I imagine that a number of others would also respond in a similar fashion. The net result would be that competition would suffer from fewer competitors and the increase in revenue would not be nearly as much as was hoped for.

Don does raise a valid point regarding providing for large levies applied by councils for the upgrading of track facilities. However, I strongly believe that we need to always bear in mind that we are a not for profit organisation and that fees should be kept at the minimum level for the efficient and prudent operation of the club and venues. I believe that following our AGM we should appoint a finance committee to review and prepare a budget for the year not just for club operations but to speak to each venue as to the likelihood of large fees being levied by local councils for track upgrades. What this committee needs to also consider is whether the club should support a venue in meeting such a levy and to what extent from general funds.

Presently the club has substantial reserves and the interest from these is very useful in meeting club expenses. Also some venues have quite useful reserves although as Don states these can be wiped out quickly. However such an expense should only happen once every 10 years or so. I would recommend that we make a thorough review of our funds and likely expenses in the short, medium and long term before we take any knee jerk reaction to increase fees. Our fiscal result as a club was very positive for 2003 as was the case at most venues and so far attendances at venues have been encouraging this year. Let's keep calm and bear in mind our reason for being which as per the constitution is "To promote and encourage athletic activities (including distance running, walking, track and field competition) for all Veterans (Masters) and to support national fitness."

Don also deals in length with the issue of who does the work etc. This is very much a separate issue to that of fees although there is some mixing if it becomes necessary to pay for some work to be done if enough volunteers

can't be found. Already I have taken up too much space and will respond to that issue on our internet discussion board which I believe is a much better forum for that, and "News & Results" should be just that.

Alan Lucas
Honorary Secretary

Wind Results

Some of you may be tired of this subject, but I wish to plead with you to please, please, ensure we have enough wind gauges, and officials to operate them, in order to cover all sprints, and long and triple jumps at the AMA Champions at Easter.

I had to disallow an Australian record last Sunday at DMP, because we didn't have wind readings for the long jump and 200m. Visiting M65 Don Fraser from ACT bettered the existing record total point score by Victorian legend Rudi Hochreitor.

I accept that the multi-event record application form should mention wind readings, and that will be fixed. I am personally disappointed in myself for not thinking of checking with Don Fraser regarding the possibility of a record. However, that is all irrelevant because there was no wind gauge at the track.

Wind readings are equally as important as qualified officials, electronic timing, three watches, course certification, implement certification, and lap scoring for acceptance of records. My counterpart in Queensland, Heather Doherty, tells me QMA members are now so well aware of these record requirements, that they approach organisers at the start of a meet to advise of the possibility of a record, and to enquire if the above are available. I hope to achieve a similar awareness amongst our members via News & Results.

Thank you

Clyde Riddoch
VMA & AMA Records Officer

I am now living in Geelong at:-
2 Idwall Court
Highton 3216
Ph. 5244 2182

I intend continuing with athletics and wish to keep in contact, so any VMA friends who give me a call when coming this way will be very welcome.

Alex Harris



Andy Salter's Relay
Winning Team for 2km
Estimated time walk
Frank Allen, Tony & Celia Johnson

Report in March issue

Annual General Meeting Monday 3rd May 2004 at 8.00pm
Duncan McKinnon Reserve, North Rd, Murrumbena

In accordance with our constitution I am writing to advise that this years Annual General Meeting will be held as listed above. At the meeting elections for all office bearer positions will be held as follows:-

President	Vice Presidents (2)
Treasurer	Secretary
Assistant Secretary	Club Captain
Club Vice Captain	Committee (7)

Nomination of candidates for election must be signed by 2 financial/life members of the Association and the nominee.

In the past year the committee has operated with some positions not filled which has been difficult at times and this year we are really looking to fill all positions. Given that a couple of members are not standing for re-election we will be looking for several new (or recycled) faces to step forward. You may be surprised to know that virtually half of our members are under 55 and we are hoping to get more representation from that group on the committee.

In years gone by it was common to hold elections for positions but that seems to have largely gone out of fashion. I encourage everybody who is interested in helping on the committee to stand for office and if an election is required that is fine and if you are not successful then there is no failure in that.

Below I have listed a calendar of VMA medal events for this year. These dates are on our website however there have been some incorrect dates circulated so please note that this program is the correct one and supersedes anything you may have that is different.

May 15	10k Track Run, Knox Venue	6.30pm
Jun 6	10k Cross Country, Boeing Reserve, Strathmore Heights	10.00am
Jun 26	Road Walks 10k Men 5k Women Albert Park	2.15pm
Jul 18	Eric Greaves Memorial 10k Braeside Park	10.00am
Aug 15	10 Miles road run, Princes Park, Parkville	10.00am
Aug 22	Winter Weight Pentathlon, Duncan McKinnon Reserve, Murrumbena	12.00
Sep 12	Half Marathon, Yarra Boulevard, Burnley	8.00am
Sep 19	Road Walks 20k Men, 10k Women, Albert Park	9.30am
Oct 10	Melbourne Marathon	8.00am

Starting times listed above are for the first event.

AGENDA

Confirmation of minutes of 2003 Annual General Meeting

Presentation of reports

Election of officebearers

Presentation of the statement submitted by the Association in accordance with section 30(3) of the Act

Election of auditor

Nominations can be made up to the time of the election but I would appreciate it if you would send them to me before the meeting. Also I would remind those venues that have not submitted their annual reports for 2003 to do so asap to allow timely preparation of the whole report.

I look forward to your attendance at the AGM and your special support of the events listed above.

Alan Lucas
 Honorary Secretary
 23 Wingrove St
 Forest Hill 3131
 Ph/Fax 9893 5355, Mob 0411 256146
 Email lucasar2004@yahoo.com.au

Nomination for Office 2004

Position

Nominee

Proposer **Signature**

Seconder **Signature**

Signature of Nominee

Profile

Barbara Dalglish 1936 – 2004

Barbara (Barb) Dalglish passed away on April 4th just two days after her 68th birthday.

Her running career began at age 40 after earlier involvement in competitive tennis and squash. In 1987, she joined the Coburg Veterans as a foundation member continuing her association with the club even after affected by her debilitating illness.

As an athlete she was inspirational, always training and running hard. Those of us who attended the Thanksgiving Service at St Patrick's Church in Kilmore will long remember the display of medals, trophies and other awards which she won in her lifetime as a runner.

In all, she won 241 medals (mostly gold) and about 20 other awards, some of which were for duathlons. She held many Vets./ Masters records and at present still holds 4 State records in Age 65 – 800 m, 1500 m, 10 km and Half Marathon.



A member of the Spartans Club, she completed 20 Melbourne Marathons and a dozen or so others. In preparation she would run the full 42 kilometres, usually twice. On one occasion, in the space of 4 weeks, she completed the "Round the Bay" bike ride, ran the Melbourne Marathon, the Rialto Stairs race and a 25 km section of the Bushrangers 100 km relay.

Barbara led a very full and active life. Even after her retirement at age 65 as a school administrative officer she actively helped her husband Tom in the management of their farm at Kilmore. Her family (6 children and 15 grandchildren) was an important part of her life. Understandably, she was only occasionally able to compete at National and International level. Top performances included a Bronze Medal in the Marathon (WAVA Championships, Brisbane, 2001) and 6 Gold Medals (Oceania Games – Geelong 2002).

At the Coburg Venue, Barbara will be long remembered not only for her athletic achievement but also for her wonderful contribution to the successful operation of the Coburg Harriers in all its many facets (embodying the Masters). Whether as clocker, recorder, dishwasher or provider of supper she always found some way to be helpful. The highlight of the Harriers cross-country season was always the Kilmore run which Barb and Tom hosted in style.

The large number of people from the Coburg Club who attended the Thanksgiving Service bore testimony to the regard with which she was held. Those of us who knew Barbara were better for the experience.

Hamstrung! When your hamstrings go, you're toast. Here's how to keep them healthy

Last year's U.S. Olympic Trials men's 200-meter final was supposed to be the ultimate showdown between Michael Johnson and Maurice Greene. Instead, it became a confrontation between each man and his hamstrings. Both Greene and Johnson pulled up lame in mid-race, crippled by a sudden sharp pain in the back of the thigh.

Hamstring injuries are among the most common and frustrating problems endured by runners. Not only can they take a long time to heal (sometimes months), they also can become chronic.

Ben Beach, 52, a veteran runner from the Washington, D.C., area has suffered nagging hamstring problems since 1986, when the pain first hit at mile 7 of a 20-K race. He recovered well enough to run a 5:40 pace a month later in the Cherry Blossom 10-Mile, but he has never felt the same since.

"Why am I more susceptible to hamstring problems than other runners?" Beach wonders. "I didn't always know that stretching was important, so during my first 10 years of running, my hamstrings got tight. Now I'm paying the price."

The Basics

Your hamstrings are three muscles that run down the back of your leg. They bend your leg at the knee and also extend your leg at the hip joint. These muscles are critical for fast running, which is one reason why sprinting and speedwork often result in hamstring injury.

The underlying causes of hamstring problems, however, usually involve overtraining and fatigue, improper warm-up, leg-length differences (your shorter leg can develop an overly tight hamstring), previous hamstring injury (making you vulnerable to re-injury), lack of flexibility, or muscle imbalance.

The latter is a chief culprit when it comes to hamstring woes. "Many runners have a combination of too little hamstring strength and too much quadriceps strength. It's a tug-of-war in which your hamstrings lose," says Janet Sobel, a Bethesda, Md., physical therapist.

Usually a strain tears your muscle fibers, and you feel a sudden pain that can range from a twinge to a searing sensation. You may even experience immediate bruising and swelling, or bruising may show up later and gradually move down your leg. A complete rupture occurs only rarely, but may require surgery.

Treatment

If you suffer a hamstring injury, here's what to do:

RICE it. The standard, immediate treatment for a hamstring injury follows the RICE method: Rest, Ice, Compress, and Elevate. Ice your injury for 20 minutes, three to five times a day, as long as you have pain or swelling.

Don't run. "Take off as many days as it takes until you can walk briskly without pain," says Sheldon Laps, D.P.M., a Washington, D.C., podiatrist.

Take anti-inflammatories. Since inflammation often accompanies hamstring injuries, you should take a nonsteroidal anti-inflammatory medication. Ibuprofen and naproxen sodium are the best, but aspirin is okay, too. Follow the instructions on the bottle, and take these medications for 1 to 2 weeks. Always take them with food.

Stretch gently. As soon as your initial pain subsides, begin a gentle stretching program. Stretch only up to the point where you feel slight tension in the hamstring.

"You need to stretch because you don't want that muscle group to shorten up, or scar tissue to form," says John Bojchuk, M.S., a clinical assistant at Midwest Orthopedic Sports Medicine in Chicago. "But if you stretch beyond your limit, you could tear the muscle again."

Sometimes the previous four remedies are all you need to recover and start running again. If recovery takes longer, however, consider seeing a physical therapist or athletic trainer who might recommend ultrasound treatments or a more aggressive stretching/strengthening program to promote healing.

Sports-oriented massage therapy also can help. A massage therapist's deep-tissue work can break up muscle knots in areas you can't handle yourself.

"Resume speedwork only when you have no more pain, but just an aching awareness of your hamstrings," Sobel says. "Start speedwork very gradually, assess how your hamstrings react, and, of course, take off some days between workouts." It's okay if you feel some sensation in your hamstrings, as long as it doesn't worsen after you finish.

Keep in mind that sciatic pain, a herniated disk, and other conditions can sometimes resemble hamstring pain. Also, don't be surprised if you start to feel aches elsewhere, such as in your knee or ankle. This can occur when a hamstring pull alters your running mechanics (making leg lift difficult, for example), which can stress other parts of your body. If your injury doesn't improve within 10 days, consult a professional.

"The toughest hamstring strains can take as long as 3 or 4 months to recover," Bojchuk says. "The higher in your leg the strain, the longer it takes."

Prevention

Do the following to keep your hams strong and healthy:

Warm up thoroughly. Before you run, especially in cold weather, walk or jog until

you break a light sweat. "It's also a great idea to massage the injured area with Myoflex, Bengay, or a capsaicin cream for 3 minutes before you run," Sobel adds.

Modify your stride. Some experts believe it helps to shorten your stride, since longer strides (particularly going down hills) increase your risk of a hamstring injury. On the other hand, short bursts mean "you're contracting your muscles more violently, so that might predispose you to straining your hamstring," Bojchuk says.

Stretch and strengthen. The following stretching and strengthening exercises can help prevent hamstring injuries or re-injuries.

1. Lie on your back with your left leg bent and your knee to your chest. Clasp your hands around the back of your thigh and extend your left foot upward until your leg is straight. Keep your left foot flexed with your heel pressing toward the ceiling. Your right leg should remain flat against the floor. Stretch only to the point where you feel tension in the hamstring. Hold for 15 seconds, relax, and repeat. Then repeat the sequence with the other leg.
2. Do "mini squats." Stand with your lower back pressed against a wall, and your feet about 4 inches from the wall and about a foot apart. Slowly bend your knees until you've slid down the wall about 6 to 8 inches, then slowly return to your starting position. Do three sets of 15, all slow and controlled.
3. Try hamstring curls if you have access to a leg-extension machine. Concentrate on lowering your leg slowly. Don't just drop the weight.
4. Buy a set of ankle weights (start with light ones, such as 5 pounds) or a resistive sports cord. Strap on the weights, lie on your belly (on a bed or the floor), and bend your knee. Do three sets of 10 to 15 repetitions.

"Bend and lift your knee so your heel goes up," Bojchuk says. "If you're standing, you can bend at your knee, lifting your foot off the floor. And you can do the same exercise using a resistive cord. The point is to work the hamstring muscle group against the resistance of the cord."

Ben Beach, a former 2:27 marathoner, relies on many of the techniques described above to take care of his hamstrings and maintain his streak of running 34 consecutive Boston Marathons since 1968. He regularly stretches and ices, does hamstring curls, lifts weights, and cross-trains by biking and swimming. He never runs more than 3 consecutive days, and always takes a day off after a long run.

Most important, "I back off at the slightest hint of trouble," he says. "Like a lot of runners, I'm constantly testing that fine line between working enough to be in good racing shape and avoiding injury."

Kay Wins Terang Gift

(From Richard Trembath)

The inaugural Terang Gift meeting held on Sunday, March 28, proved a triumph for members of Victorian Masters Athletics.

A total of five members of VMA took on the best open class sprinters from Terang and surrounding districts and dominated the three principal events with two wins and four minor placings.

Doncaster venue sprinter and long jumper Kay Burnie scored the most important win of her career when she took the Terang Gift, winning a handsome trophy, plus a bottle of wine, her name on the new perpetual trophy and a cash prize of \$100.

Running from the 30 metre mark, Kay, 51, recorded 10.97 seconds for the 100 metres to score in a thrilling finish which saw the first five placegetters go to the line with less than a metre separating them.

Kay was the fastest qualifier from the five heats with a run of 11.14 but still had to find a bit extra to take the final by about 10cm.

Another of Doncaster's regulars, Richard Trembath, 62, won the 200 metres Age-Graded Handicap, scoring narrowly from Terang veteran Richard Wearmouth, 51, with Doncaster's June Reeves, 58, finishing third in the final after winning her heat.

Wearmouth has been a regular supporter of Doncaster in recent times, contesting the Winter Championships meeting last year and this year's running of The Landy Trophy, in which he finished second to Trembath in his sprint heat.

He later went on to finish second to Geelong's Paul Turner in both the 100 and 200 metres in the M50 division of the Victorian Championships.

Kay Burnie followed up her win in the main event at Terang with a second in the Open 200 metres handicap.

The five masters' athletics members were the oldest runners at the meeting – an open class fixture – but dominated their younger rivals. The only 'downside' to the trip was the injury to Collingwood sprinter Ian McLeod, 57, who damaged a calf in his heat of the Gift.

The Terang success completed a big month for the Doncaster trio, all of whom were gold medallists at the Victorian Championships three weeks earlier.

On that occasion Kay recorded her first State Championship win, taking the Womens' 50-54 division long jump, while June won the 100 and 200 metres events in her age-group and Richard was successful in both his short and long hurdles events and the 800 metres.

Terang, near Warrnambool, is more than three hours drive from Melbourne and has a grass track rather than the synthetic track surface the runners are used to.

Nevertheless, following the success of the trip it seems certain Kay and her Doncaster team-mates will be there again next year, hopefully with a few more VMA representatives to 'keep the locals honest'.

A few words in reply to Ode to the Volunteer, written and spoken by our President, Rob Waters

We have all been praised for the great job done in presenting the Nationals to the 600 odd Australians and some overseas visitors.

Well, it's not all hard work, one can manage to find the time to enjoy some of the highlights and so here is my story from a volunteer's point of view. I was fortunate to be working in the computer area high up in the Stand and from time to time, able to stop and watch some of the events. During a quiet period I would wander down to the level where the registration took part, as well as the clothing area and check on the tea and coffee for the officials.

One could chat to numerous hard working people there, such as Fred Lester (who used to cycle across each day to give his services), Colin Browne who was working with Fred in the Registration area, as well as other areas, Mark Benjamin who sat each day with a list marking off the volunteers! Then there was Astrid Rose, Liz Feldman and Rhonda Trengrove, all doing their utmost to sell the clothing, which included old and new uniforms. And I think they were very successful.

We had this marvellous lady (Annette Hawkins) who each day brought in a large container, filled with her home-made date scones, lemon slices, and a range of biscuits. They were so delicious. I don't know how she found the time and energy as she had to go home and feed the family. She was also very active in running the results up and down the stairs to and from the computer rooms.

In the computer area, looking after the results, were the two main people, Phyllis Gosbell and Wasyl Drosdowsky - this was a huge job because they had to make sure everything was exactly right - and if it wasn't, through no fault of theirs and a competitor came up to query - they never got upset, just quietly looked through the sheets and corrected. They were in their little boxes from very early morning until late at night. Alongside them was Anne Callaghan - once again trying to outdo Lavinia in running up and down the stairs, picking up the results to bring up to the computer room, photo copying and then returning to put them on the noticeboard.

Then we had Lavinia - what a woman - everyday she ran up and down the stairs bringing results up and then taking them down to pin on the board for all to see! One day she carried a pedometer clocking up 15K for the day. I might add, she also managed to fit in the 10K Track, 5K, 1500M and 8K CC all in excellent times.

Graeme Murfett was also one for running here and there with his little walkie talkie - he is a whiz kid with this little toy, making sure everything went smoothly on the ground.

On another day, I arrived at the track very early morning to see Nola Bradford returning from Gosh's Paddock having been there at 7.30 am to judge the Hammer Throw and then remain all day to judge other field events. At least I was able to sit down a lot of the time! I didn't wonder that she did not feel like dancing at the social function!

At the cross country run on the Monday, the course was marked beautifully and after the run, all participants were handed a neat little lunchbox filled with tasty goodies, as well as a cuppa - all work done by the volunteers at Collingwood Vets - thank you.

I know it is expected of the committee to do the hard work, but I have to give special praise to Rob Waters and Tony Bradford who carried a big load and were there from early morning until late at night and praise for their partners for coping with this!

I could go on and on, but have to stop somewhere, but being a volunteer brings lots of rewards.

Following is the President's Ode which is what prompted me to write this.

Judy Wines

Ode to the Volunteer

(There is a Heaven for Volunteers)

Many will be shocked to find
When the day of judgement nears
There's a special place in Heaven
Set aside, for Volunteers.

It will be furnished with big recliners,
Comfy coaches and footstools
Where there's no Committee chairperson
No mid-night meetings, no competition rules

No computers, no results,
No events that need a marshal
No run requiring scribes

There will be nothing to staple and
Not one thing to fold or mail
Telephone lists are banned,
Emails are all outlawed

But - a finger snap will bring
Cool drinks and gourmet dinners, plus
Rare treats fit for Queen and King

Now - who'll serve these privileged few
And work for all their worth
Why all those who've reaped the benefits
And not once volunteered on earth

Re written and composed by Rob Waters
Thanks to Jean O'Neill for the supply of the original

What's On

May

- 1st VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (9744 1072)
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)
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 Transcendence 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, 5km Women, Albert Park
27th Combined VCCL/VRR Handicap (8km), Woodlands Historic Park, Greenvale, 10am (9690 0272)
- 27th Self Transcendence Como Landing Run (10km & 5km), Alexandra Ave, South Yarra, 9am (9650 0114)

July

- 18th VMAVCCL "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, 10km Women, 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.alicespringmasters.nt.gov.au
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.