

Vic Masters

News and Results

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News and Results

Victorian Masters Athletics Inc.

November 2004

Elderly put their pulse to test in heart of Australia

By Lindsay Murdoch (The Age)
Alice Springs
October 21, 2004

East Bentleigh runner Andy Smith doesn't take his walking stick on to the track.

"I'm all right when I'm running," he says. "But I've got this Parkinson's disease and it's difficult to stand up when I am standing still."

At 89, Mr. Smith is the oldest man among 4559 participants in the Masters Games being held in Alice Springs this week.

The former army officer, who was wounded in the Middle East during the Second World War, says a few years ago, after suffering a heart attack and finding out he had Parkinson's, he asked his doctor whether he could keep running, a passion he has had since he was 50.

"The doctor told me to run as long as I can and that's what I do," he says.

Although Mr. Smith cannot do crouching starts ("I wouldn't be able to get up again") he is not always last in his favourite 400 and 800-metre races.

"I like to tell people I came second or third but maybe I do usually come last," he says.

Mr. Smith is competing in his seventh Masters in Alice Springs, which has been holding the games every two years since 1986.

The games are expected this year to inject \$10 million into the economy of the central Australian town.



Andy Smith, 89, in the 400-metre sprint at the Alice Springs Masters Games



Left, Nino Stankovic, 72, from Hampton, competes in track & field

Right, Stan Stankovic, 81, is an entrant in the shot-put section of the games



Victorian Masters Athletics Inc.

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Vice President	Tony Bradford	9749-2248	6 Merrett Avenue Hoppers Crossing 3030 abradrums@rabbit.com.au
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Victorian Masters Athletics Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
ALTONA Athletic Track	Grants Reserve Sugar Gum Drive, off Civic Parade Tuesday nights, 7 - 9pm in daylight saving, Sunday in winter	Melway 54 G9
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7.30 - 9.30pm	Melway 62 C7
CAULFIELD Athletic Track	Duncan McKinnon Park, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events	Melway 68 K9
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
GIPPSLAND Track	Joe Carmody Aths. Track, John Field Drive, Newborough Tuesday nights, 7 - 9pm,	[in recess]
KNOX Athletic Track	off Rushdale Street, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
MENTONE Athletic Track	Dolamore Oval, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm	Melway 87 B6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm	Melway 80 E12
SOUTHERN PENINSULA	Athletic Track, Truemans Road, off Nepean Highway, Tootgarook Wednesday nights, from 6 pm in daylight saving, Sunday in winter 9am	Melway 169 E6
SWAN HILL Athletic Track	Monday evenings, 5.30 - 6pm start	[in recess]

Venue	Manager	Address	Phone
Aberfeldie	Rob Waters	5 Bellevue Court Maribyrnong 3032	9318 3802
Altona	Unknown		
Caulfield	Peter McGrath	13 Bales Street Mount Waverley 3149 pjmcgrath@netspace.net.au	9807 5656
Coburg	Geoge Goode	PO BOX 191 Pascoe Vale South 3044	9306 8503
Coburg	Neville Wilson	11 Prospect Road Rosanna 3084 nlw@melbpc.org.au	9459 7827
Collingwood	Wasył Drosdowsky	12 Hickford Street Brunswick East 3057 w.drosdowsky@bom.gov.au	9387 2163
Collingwood	Graeme Paul	18 Cronus Court Eltham 3095 elthampauls@bigpond.com.au	9439 9667
Croydon	Karen Archer	27 Russell Street Mount Evelyn 3796 quinarcher@iprimus.com.au	9736 1684
Croydon	Ken Walters	5 Warra Road Upwey 3158 judyken@bigpond.com	9752 5977
Doncaster	Rod Jellett	32 Launder Avenue Wonga Park 3115	9722 1000
East Burwood	Trevor Jupp	4 Driftwood Drive Glen Waverley 3150 juppspecial@optusnet.com.au	9802 3355
East Burwood	Graham Philpott	4/8 Hyslop Parade East Malvern 3145	9568 0495
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Frankston	Peter Duggan	8 Myna Court Carrum Downs 3201 peterduggan@bigpond.com	9786 9169
Geelong	Mike McAvoy	20 Melva Court Whittington 3219	5248 4087
Knox	Ian U'Ren	19 Lachlan Road Boronia 3155 uren@optusnet.com.au	9762 7801
Mentone	Ted McCoy	24 Blackwood Avenue Mentone 3194	9583 3280
Southern Peninsula	Heather Carr	2 Arthur Street Dromana 3936 bill.carr@sandvik.com	5987 1235

Venue	Manager	Address	Phone
Southern Peninsula Springvale/ Noble Park	Ken Taylor	18 Charles Street Blairgowrie 3942	5988 8823
	Alan Bennie	75 Bertrand Avenue Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
Throwers	Graeme Rose	71 Union Road Surrey Hills 3127 grarose@yahoo.com	9836 2350

Victorian Masters Athletics Dinner Dance

DATE: FRIDAY 19TH NOVEMBER 2004

WHERE: HAWTHORN RECEPTIONS
555 GLENFERRIE ROAD
HAWTHORN (Just over Riversdale Road)

COST: \$45 PER PERSON

DRINKS: BYO OR DRINKS AT BAR PRICES

Tables of 8 or 10 are available or we can place you at a table if there are less than 10 people in your group.

Please contact your Venue Manager to make a booking, or:

David Sheehan - 9754 4405
33 Hughes Street
Upwey Vic 3158
mightymouse@smartchat.net.au

TECHNICAL MATTERS

1. New Trial Weights for women:

At the AMA AGM a trial of new weights for women was approved. The trial is to become effective from 1/11/04. The change in weights only affects women of 75+ years and will remain in force indefinitely until altered by an AMA Council meeting.

The changes are only applicable within Australia and athletes will be able to set Australian and State records with these weighted implements.

The changes are summarised below. The new weights are shown in red (Italics>) with the existing weights shown in brackets

AGE	20-40	41-50	51-60
Hammer	4kg	3kg	2kg (1kg)
Shot	4kg	3kg	2kg (1kg)
Discus	4kg	1kg	0.75kg (0.5kg)

AGE	20-40	41-50	51-60	61+
Heavy Weight	20kg	10kg	5kg	4kg (3kg)

2. Change of hammer handle

The change of hammer handle specified by the IAAF and to take effect as of the 1/01/05 has again been put on hold. The principal reason is that the rigid equilateral triangular structure, with a maximum internal distance along a side of 130 mm, does not allow sufficient space for large hands.

3. Records with heavy weights

At the 2004 AMA AGM the Council approved the adoption of records for non-standard Heavy Weights for all men's and women's age groups. This is relevant to the Winter Throws Championships in Canberra and anywhere else these weights are used in Australia.

Victorian Masters Athletics Committee Meeting Monday, 7th June 2004

Club Captain's report - David Sheehan

The 10K track championships were held at Knox on 15 May. Numbers were a bit disappointing - 39 entries, 35 runners, and 32 finishers - however the night went well.

A questionnaire to be included in News & Results (page 19) to find out when members would like the 10K track championships to be held, whether in November/December or May/June, to try and attract more participants.

The 10K cross-country was held at Strathmore on 6 June. The run went well, a few compliments were received and some runners thought there was too much concrete for a cross-country course. The course will return to Collingwood next year. There were 58 runners - 41 men and 17 women.

The question of invitation runners paying a fee to cover insurance was raised as an issue that needs to be resolved. At the Eric Greaves Memorial 10K Race in July, a 5K Fun run was open to non-members entering VMA runs.

Publicity:

Rob Waters reported that the Knox Healthy Aging Expo was successful and could be a means for some publicity for the club in the future. (see September Minutes)

He also noted that the results from the cross-country were printed in the Age and Herald Sun the following day.

NOC Convenor's report:

Awaiting printing of the results book and still waiting from AV for the officials. Plenty of T-shirts and polo shirts are still available for \$10 and \$15 respectively. Interstate newsletters contained positive feedback from the National Championships.

General Business:

The following Sub Committees were formed:

- Media Publicity Officer & Promotion - Rob Waters and Don McLean to liaise with Venue Managers.
- Uniform Coordinator - Graham Philpott
- Medal Distribution - Tony Bradford and Rob Waters
- Statistician - Clyde Riddoch

At the suggestion of Alan Lucas the following sub committees were formed to consider various aspects of the club's operations:

- Sponsorship - Barbara Courtney
- Technical & Competition: equipment specific, walks rules, recordings, steeple chase, management for records, sprint start rules, training of officials - Clyde Riddoch and Graeme Rose
- Interclub Co-ordination - Graeme Noden, Alan Lucas, Graham Philpott and David Mather
- Finance Sub Committee - Al Willey, Don McLean and Graham Philpott.
- Club Management and by-laws - documentation of the Club's internal systems - Alan Lucas, Graeme Rose, Wasyl Drosdowsky, Rob Waters and Tony Bradford

Graeme Rose noted that Risk Management and Safety Policies would need to be looked at for the future.

Victorian Masters Athletics Committee Meeting Monday, 5th July 2004

Business Arising from the Minutes:

Don McLean reiterated the need for the question of insurance for invitation runners to be addressed. It was agreed that Alan Lucas would call the insurance broker to get the policy situation spelt out clearly.

Treasurer's Report

Al Willey reported that 200 athletes had not re-registered from last year but some were still running at venues.

Club Captain's Report

Tony Bradford advised the dinner dance will be held on Friday 19th November at Hawthorn Receptions. The cost will be \$45 per head. 120 people needed to break even.

General Business:

Graeme Rose confirmed bookings at Duncan McKinnon for:

- 27 February 2005 - Track & Field Pentathlon
- 5 & 6 March 2005 - Track & Field Championships
- 13 March 2005 - Weight Pentathlon

It was agreed that the 80-odd remaining bronze Victorian Veterans medals be pre engraved with a venue name and sold to whatever venues wish to use them. Tony Bradford to take them to the Venue Managers' Meeting and establish which venues are interested in purchasing some.

Victorian Masters Athletics Committee Meeting Monday, 6th September 2004

Club Captain's report - David Sheehan

35 entries in the 10-mile road race at Princes Park. Need to look into making sure change rooms are available next year.

Half Marathon on Sunday 12 August - VMA will be taking their own entries. Dual runners will be advised to pick up a heart badge from the VMA table to pin on their AV uniform.

The questionnaire re the 10K track championships and other events missed the next issue of News & Results so will be included in the following issue (page 19).

General Business:

Venue Managers' Meeting 20 August - Alan Lucas reported the meeting was successful and the main points discussed were:

- Publicity/promotion
- Finance Sub Committee
- Croydon track upgrade - Croydon not going to give council any money toward a track upgrade because the track is not fenced.
- Knox Health Aging Expo - Involved a lot of work for little return. Would not do it again

VICTORIAN MASTERS ATHLETICS MINUTES OF GENERAL COMMITTEE MEETING HELD ON MONDAY, 6 SEPTEMBER 2004, AT COLLINGWOOD VENUE

Present:

Tony Bradford, Wasył Drosdowsky, Alan Lucas, Kim Ludington, David Mather, Don McLean, Lavinia Petrie, Graham Philpott, Graeme Rose, David Sheehan, Rob Waters, Al Willey.

Apologies:

There were no apologies.

Minutes:

The minutes of the committee meeting held on Monday 2 August 2004 were accepted as a true and accurate record with the final point under 6.2 Finance Sub-Committee being amended to read:

- Annual audit of VMA's Financial Accounts which incorporated venues' results meant tighter controls of venue records were necessary. In future, venues would be required to submit a six-monthly Bank Reconciliation Statement supported by a copy of their bank statement. They would also have to provide a standard form showing details of any assets and liabilities.

1. CORRESPONDENCE

- **Letter from B Foley re Insurance of Equipment through AA**
Alan Lucas to call the brokers and get clarification on the policy.

- **Ken Walters - Proposal for Purchase of Printer for Producing "Around the Grounds" and News & Results**

Alan Lucas to look into the computer interface capabilities and find out the cost of a maintenance contract, who maintains the machine, how often it needs servicing etc and report to the next meeting.

2. TREASURER'S REPORT

- \$5,000 received from the AMA give the Nationals a positive of \$5,305.
- Moved by Graham Philpott and seconded by Don McLean that the accounts paid be ratified.

3. CLUB CAPTAIN'S REPORT

- 35 entries in the 10 mile road race at Princes Park. Need to look into making sure change rooms are available next year.
- Half Marathon on Sunday 12 August - VMA will be taking their own entries. Dual runners will be advised to pick up a heart badge from the VMA table to pin on their AV uniform.
- The questionnaire re the 10K track championships and other events missed the next issue of New & Results so will be included in the following issue.

4. FINANCE SUB-COMMITTEE

Al Willey reported the Finance Sub-Committee had met and made the following recommendations to the Committee:

Subscriptions

- a. Annual Subscriptions: Become due and payable on 1st January. Any individuals who have not paid by the end of February shall be deemed to be non financial and shall not have access to track facilities.
- b. Joining Fee: All new or lapsed members to pay a \$10 Joining Fee in addition to the annual subscription. Individuals joining during the year, ie from 1st April to 30th September, shall be subject to a part-year fee of \$25 plus the Joining Fee of \$10. Any new members joining after 1st October will still be required to pay a Joining Fee of \$10 but the \$35 annual subscription will cover them until December of the following year.
- c. Associate Membership: To encourage new members, individuals between 16 and 29 years of age may become Associate Members for an annual subscription of \$20 per annum and be entitled to run in events at venue level but would not be eligible to participate in championship events or receive Masters' trophies. The subscription would be subject to payment of capitation fee and accordingly the member would be covered for insurance. They would not be entitled to receive News & Results nor have any voting rights.

Championship Events

Settlement of entry fees to be made no later than the next VMA Committee Meeting and details to be completed on a standard form as was circulated at the meeting.

Venue Facilities

In the event of any venue being notified by councils of any levies for the upgrade of facilities, the venue must inform the VMA Committee in writing of all details as soon as they become available. Venues shall be responsible for levies of this nature and accordingly it would be desirable if they were able to build up \$10,000 in funds as a financial reserve to meet this type of commitment. Should they be faced with any financial problems, they may apply in writing to the VMA Committee for assistance.

Standard Reporting

- a. Six-monthly Income and Expenditure Reports for the periods ending 30th June and 31st December to be submitted no later than 31st July and 31st January respectively and should include details of any liabilities, if applicable. These reports should be accompanied by a written report on venue activities for the period.
- b. In addition to the I&E Report, a Bank Reconciliation Statement must be submitted together with a copy of the bank statement involved.
- c. Where any venues hold assets in excess of \$300, they should provide details and submit with the above reports. Assets would include investments, office machines, office furniture and sporting equipment.

The above information is required for consolidation into the financial Accounts of the VMA and supporting data for audit purposes.

5. GENERAL BUSINESS**▪ Venue Managers' Meeting 20 August**

Alan Lucas reported the meeting was successful and the main points discussed were:

- Publicity/promotion
- Finance Sub Committee
- Croydon track upgrade - Croydon not going to give council any money toward a track upgrade because the track is not fenced.
- Knox Health Aging Expo - Involved a lot of work for little return. Wouldn't do it again.

▪ AMA AGM

Rob Waters and Tony Bradford outlined the main items discussed at the AMA AGM. See attached synopsis.

▪ AMA 2004-2005 Handbook

Any material for inclusion in the AMA 2004-2005 Handbook to be submitted to Rob Waters by the end of October.

▪ Promotional Brochure

Rob Waters circulated a mock-up of an updated promotional brochure. David Mather and Rob Waters to work on this further.

There being no further business the meeting closed at 10:30pm.

Next Meeting:

Monday, 4 October 2004 at 8.00pm

Venue to be confirmed.

Profile

(By Mike Hall)

An interesting addition to forthcoming issues of News & results will be a regular series of articles highlighting the enormous depth of world class Masters athletes here in Victoria.

Our list of prospective candidates seemed quite endless for this initial profile. However, it was decided on a personality that epitomises the very image that represents all that is good in Masters Athletics.

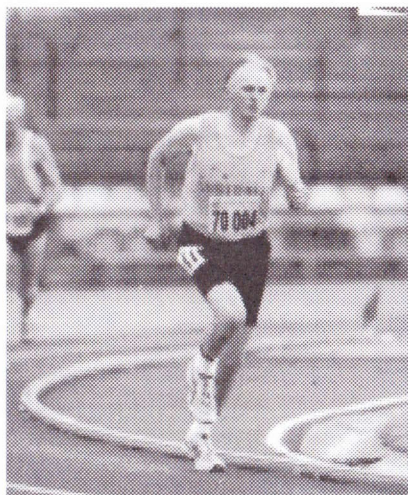
Profile 1

Bob Lewis - The Quiet Achiever

There's a well worn cliché in Masters/Veterans Athletics that says "*AGE SHALL PRESENT NO BARRIER IN THE PURSUIT OF EXCELLENCE*", and there is perhaps no finer example of this philosophy than super septuagenarian BOB LEWIS, from Blackburn South.

You see Bob, now 76 years young, does things remarkably different from us mere mortals, who as we get older naturally slow down, he in fact defies the odds by getting even quicker in his advancing years!

One of nature's true gentlemen Bob was indeed a somewhat late starter in Masters/Veterans Athletics making his debut at East Burwood in 1984 at the ripe old age of 54. Helped and encouraged during those formative years by the then manager at East Burwood venue, BOB SCHICKERT, Lewis soon graduated to the first of his succession of Melbourne marathons in 1985. A rare combination of endurance and speed has seen Bob emerge as one of Australia's finest master's athletes. His remarkable consistency over distances ranging from 800 metres to the marathon is testament to his undoubted versatility.



This was never more evident than in Bob's International debut, the 2002 World Masters Games, in Melbourne, where despite the disadvantage of being just a few weeks short of competing in the 75-79 division, he took out gold medals in the 10km (road) 44.31, 5000m - 21.35

and half marathon - 96.30, all personal bests, and silver in both 800/2.54 and 1500m/5.58. In recognition of his outstanding performances, Bob was named "Athlete of the Year" at the 2002 Whitehorse Sports awards, at Box Hill Town Hall.

This began a string of successes over the last two years which included Victorian and Australian records for 1 mile/6.26 and 1 hour/13.38km, the Mike O'Neil award 1500/6.00 (age graded) and many state and national titles over various distances.

Over the years however Bob has had his share of ups and downs, injuries, etc., but has recently discovered the secret to maintaining his high level of fitness and staying injury free has been regular weekly massages. In fact Bob is quick to point out he attributes most of his recent success to the 'midas touch' of Mulgrave masseur, MICK WILLIAMS who ensures those ageing legs never slow down!

Of course his strict training regime also plays a large part. "I train every day; running six days a week and swim on Monday. Mixing up longer and shorter runs, I do about 60/70 km most weeks".

"Hopefully this way I'll be able to keep running for many years especially with the wonderful support of my wife IRENE, family and friends who encourage and give me so much support. I just love it!" says Bob enthusiastically.

This quiet achiever may have been slow to start in Masters Athletics but has now stamped his authority in the sport and is the name to watch in the future.

AUSTRALIAN 50 KM CHAMPIONSHIP SUNDAY 24 OCTOBER 2004

From HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2004/2005 Number 3

This prestigious event saw a disappointing entry list of only 4 Victorians - sad but not too hard to understand given the very late notification of this event - it was only announced in early August. By that stage, of course, everyone had completed their season and it is not possible to just drop everything, train for a couple of months and expect to walk a 50-km competitively. This illustrates the need for AA to set championship dates at least 12 months in advance. I believe that AA are now working towards this (let's keep our fingers crossed).

With defending champion Duane Cousins a late scratching, only 3 walkers started - Chris Erickson, Daniel Walters and Andrew Jamieson. Chris and Daniel walked together for the first 10 km (49:23) before Daniel increased the tempo to pass 20 km in 1:38:01, some 40 secs in front of Chris. Andrew was walking his own race further back, passing 20 km in a very conservative 1:50:01.

Daniel started to suffer from a hip problem soon after and was forced to retire around the 24 km mark. That left Chris well in front and he powered on to pass the 30-km mark in 2:28:35. But soon after this, he started to suffer back spasms (perhaps from the cold wind) and hit the proverbial wall!

With a big lead, all he had to do was keep on his feet to ensure a win and that's what he did to finally cross the line a very tired but relieved winner in 4:39:46. At only 22 years of age, Chris becomes one of the youngest ever Australian 50-km champions while at 58 years of age, Andrew becomes the oldest ever medallist in this event. This was Andrew's second 50 km event - his only other one was in 1971 when he finished in just over 5 hours. So his time yesterday (4:46:44) was a PB.

Other highlights on the day were as follows:

Liz Feldman covered the 50 km distance in 5:45:08 to break the World Masters W55+ record by 11 minutes. Her 30 km split of 3:23:31 will probably also be a World W55 record also. She also sets inaugural Australian Masters records for these two distances.

Jared Tallent won the Open men's 20-km event in a PB time of 1:27:02.

Simone Wolowiec won the Open women's 20-km event in 1:38:01.

Megan Szirom (nee Peters) amazed us all with a solid 15 km walk only 7 weeks after giving birth to baby Riley. Megan had baby and husband in tow and they were the centre of attention!

VRWC 50km Open Club Championships

		10km	20km	30km	40km	50km
1	Liz Feldman	1.07.54	2.16.29	3.23.31	4.32.36	5.45.08
1	Chris Erikson	49.23	1.38.41	2.28.35	3.30.39	4.39.46
2	Andrew Jamieson	54.48	1.50.01	2.45.17	3.43.06	4.46.44



Liz Feldman(155) and
Mandy Emmett (138)



Liz walks to new Masters
World Record

Charity Tragedy

Man Died in run to honour Wife

Sarah Wotherspoon (Herald Sun - 25th October 2004)

RUNNER John Beck died raising money for research into the deadly disease that took away his only companion — his beloved wife.

The Mentone man, 67, collapsed during the Cancer Council's Relay for Life at Murrumbidgee yesterday and couldn't be resuscitated.

He was running in honour of his wife, Edith, who died of cancer in August last year. His only known relative is his brother in England.

After the death of his wife, Mr. Beck's life was consumed by his passion for athletics.

A member of the Mentone branch of Victorian Masters Athletics, Mr. Beck was competing in the 24-hour fund raising event at the Duncan McKinnon Athletics Track when he collapsed just before 6.30am.

St John Ambulance officers and MICA paramedics were unable to revive him.

The event involved teams of 10 or more people keeping a baton moving for the 24 hours from noon Saturday until noon yesterday.

The manager of the Mentone branch of Victorian Masters Athletics, Ted McCoy, said after his wife's death Mr. Beck's only family were the members of the club he devoted his time to.

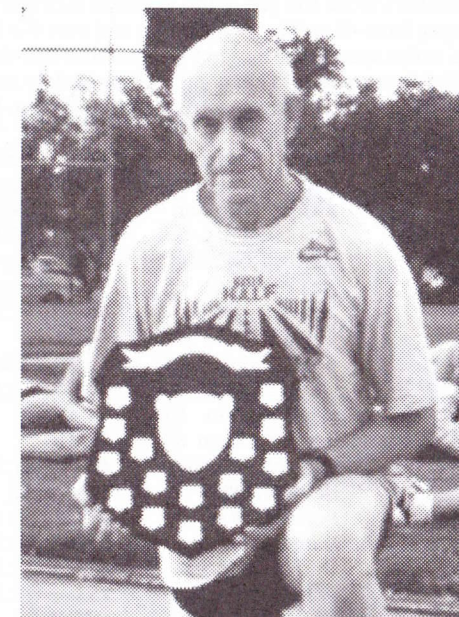
"He was terribly devoted to her. She was the only one in his life," he said.

"When she died the Mentone Masters were his only family, the club was his life."

Mr. Beck, a quiet man who enjoyed keeping fit, worked as a cleaner at the athletics club and ran a Saturday afternoon fitness group as well as competing on regular masters meeting nights.

Relay runners observed a minute's silence at the closing ceremony and the award for most laps was named in Mr. Beck's honour.

Relay for Life has raised more than \$8.5 million for cancer research and support.



VMA AND VRWC RACES - ALBERT PARK SUNDAY 19 SEPTEMBER 2004

This week we hosted the Victorian Masters Roadwalk Championships and we were lucky enough to witness two wonderful performances.

Brenda Riley broke her own Masters W60 10 km World Record with a time of 55:12.0. Earlier this year at Albert Park Brenda had recorded 55:17.9 to break the record by over 30 secs. Now she has taken a further 5.9 secs off that time. Brenda just gets faster each time she races - not bad for a 64-year-old!

Heather Carr celebrated her move to the W55 age group with a new Masters W55 10 km Australian record. Her time of 57:20 broke Gwen Steed's 1998 record that stood at 57:59. Bad luck Gwen but no records last forever!

VMA Women 10 Km Championship

18 walkers faced the gun in the women's race and nearly all were rewarded with medals. With ages ranging from 41 to 75, they were spread over the full range of Masters age groups and we saw some fine walks apart from those of Heather and Brenda. At the top end of the age groupings, Jean Knox inspired everyone with her great walking while Mandy Emmett, Carmel Drennan and Alison Thompson, at the other end of the spectrum, were all close together in times and staged a good battle.

W40	1	Mandy Emmett	41	60:06	
W45	1	Carmel Drennan	45	60:47	
W50	1	Alison Thompson	51	59:32	
	2	Janet Holmes	51	60:13	
		Marlene Gourlay	52	DQ	
W55	1	Heather Carr	55	57:20	<i>New Australian Record</i>
	2	Liz Feldman	56	59:07	
	3	Celia Johnson	56	64:40	
W60	1	Brenda Riley	64	55:12	<i>New World Record</i>
	2	Gwen Steed	60	63:13	
	3	Sylvia Machin	63	64:44	
	4	Beverley Hugo	64	78:41	
	5	Marlene Petroff	62	81:53	
		Heidi Engel	62	DQ	
W65	1	Marlaine Stanway	66	68:10	
	2	Margaret Beaumont	66	74:26	
	3	Shirley Coppock	68	78:23	
W75	1	Jean Knox	75	78:28	

VMA Men 20 KM Championship

A disappointingly small field fronted for the 20-km event that is always a tough ask for the masters walkers. Colin Heywood had his first race for some time and was untroubled to take fastest time. Alan Lucas also walked strongly for a sub 2-hour performance. Ken Walters celebrated his 72nd birthday on Sunday with a fine 20-km walk - his first in some time.

M50	1	Colin Heywood	50	1:50:26	
M55	1	Alan Lucas	56	1:56:23	
	2	Russ Dickenson	58	2:08:37	
M70	1	Ken Walters	72	2:15:58	
	2	Col Silcock-Delaney	71	2:33:14	

VICTORIAN MASTERS ATHLETICS INC MEMBERSHIP APPLICATION FORM 2005

Please indicate (with tick) which category you are applying in:

Renewing 2004 VMA member – \$35 due before end of February.

For two at the same address cost is \$55.

Lapsed VMA member – \$10 joining fee + \$35 – total \$45

For two at the same address cost is \$75.

Associate member (those aged 16 to 29) – \$20

New member

a joining before June 1; \$10 joining fee + \$35 – total \$45.

Two at the same address \$75.

b joining June to end of September; \$10 joining fee + \$25 – Total \$35. Two at same address \$60

c joining after end of September 2005 cost is the same as for (a.) but will cover 2006 as well.

Name

Address

.....

PostCode..... Telephone..... Date of Birth.....

Venue attending

Email address: (please print clearly)

Do you wish to receive the newsletter via E-mail?

Occupation or area of expertise

Signature of Applicant: Date

Please make cheques or money orders payable to VMA and send to address below.

If you wish to pay cash, most venues will accept it and forward your application for you or else drop it off at the address below.

SUBSCRIPTION SECRETARY: Astrid Rose, 71 Union Rd, Surrey Hills, 3127 Ph 9836 2350

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 2005. 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

UNIFORMS & CLUB MERCHANDISE.

For information on the new VMA uniforms contact Graham Philpott Ph 9568 0495 or Jenny Baldwin Ph 9764 5003

NOTE: CLUB UNIFORM MUST BE WORN FOR ALL CLUB CHAMPIONSHIP EVENTS. VVACI uniform will also remain valid until 01 March 2007

DUAL VMA/AV MEMBERSHIP.

Members of VMA are entitled to a discount when they join AV (\$40 in 2004). You must be financial with VMA to claim this discount. If you don't pay VMA first you will miss out on the discount.

V.M.A.I. PRIVACY STATEMENT

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

Victorian Masters Athletics Survey Form

Name

Age
Group

What would your preference be for the running of our 10K Track event?

1. Spring	<input type="checkbox"/>	Saturday Night	<input type="checkbox"/>
		Sunday Morning	<input type="checkbox"/>
2. Autumn	<input type="checkbox"/>	Saturday Night	<input type="checkbox"/>
		Sunday Morning	<input type="checkbox"/>

Other Comments

.....

.....

Do you support the following events? (Please put a ✓ or X in box below) :

June 10K Cross Country Yarra Bend ☐

July 10K Road (Braeside) (Eric Greaves Memorial) ☐

August 16K (10 Miler) Princes Park ☐

September Half Marathon ☐

October Marathon ☐

Other Comments

.....

.....

RSVP to: (By 22nd November 2004)

David Sheehan

33 Hughes Street

Upwey Vic 3158

Mightymouse@smartchat.net.au

VMA (with AV) Half Marathon Results
Yarra Boulevard, Burnley 12th September 2004

Name	Age Group	Time	Place in Age Group	Name	Age Group	Time	Place in Age Group
Charles CHAMBERS	M50	1:18:46	1	Graham PROSSER	M50	1:39:37	5
Noel EASTWOOD	M30	1:20:46	1	Rob WATERS	M55	1:40:43	5
Geoff CLARK	M55	1:20:50	1	John DEAN	M45	1:42:18	5
Paul TWINING	M55	1:22:31	2	Trevor BISH	M50	1:42:28	6
Eric LOE	M40	1:22:37	1	Bill PAGE	M70	1:43:35	1
Chris MURPHY	M45	1:24:28	1	Annette PELGRIM	W50	1:44:08	1
Murray JOHNSON	M40	1:25:43	2	Stan BELCHER	M60	1:44:17	3
Alan SMITH	M45	1:26:10	2	Nancy CHORLEY	W55	1:44:58	1
Warren BURKE	M35	1:26:53	1	Susan GAMBLE	W45	1:46:30	2
Sam DE FANIS	M55	1:28:03	3	Stephen BARKER	M60	1:46:56	4
Chris BOYLEN	M40	1:28:23	3	Bob LEWIS	M75	1:47:25	1
David LOCKE	M60	1:29:38	1	Annette MAJOR	W40	1:48:03	1
Andrew TUNNE	M45	1:32:34	3	David DODSON	M45	1:48:08	6
Graeme PAUL	M50	1:34:21	2	Frank FURLON	M65	1:51:10	2
Westly WINDSOR	M60	1:35:22	2	Al WILLEY	M65	1:53:03	3
Jim HETJMANEK	M35	1:36:21	2	Chas McCREA	M70	1:53:57	2
Chris BROWN	M45	1:37:05	4	Jock CRAVANA	M65	1:57:01	4
Juan PEREZ	M65	1:37:29	1	Ron YOUNG	M70	2:07:49	3
Jenny ALEXANDER	W45	1:37:35	1	Paul MEREDITH	M40	2:10:33	4
Brian CORNELL	M50	1:37:57	3	Judy WINES	W65	2:11:07	1
Jim HOPKINS	M50	1:38:03	4	Corrie DEGROOTE	W75	2:11:15	1
John BELL	M55	1:38:55	4	Ron LEGGETT	M70	2:14:11	4

Recent Research on Bone Density

In the Medicine and Science in Sports and Exercise journal (2003: pp. 137-143) the results of a five year longitudinal study of bone density in women master athletes was reported by Steven Hawkins and four other co-authors. The purpose of the research was to "determine the effect of chronic running exercise alone and in conjunction with HRT, on bone mineral density (BMD), body composition and maximal uptake of oxygen V02max..." The study examined a total of 41 women runners from 47 to 85 years of age. The majorities were aged 48 to 63 years.

The conclusions were positive for these master athletes in that there was "no significant loss of bone mass over a five year period in these chronic runners with relatively high calcium intakes regardless of menstrual or HRT status. Further, chronic running did not inhibit nor enhance the effect of HRT on bone in these women".

Continued page 32

THE SIXTY MINUTES

One-hour run, Doncaster, September 27

16,420 m	Charles Chambers (M50) (Vic. Record) 1
14,877m	Ted Paulin (M65) (Vic. Rec.) 2
14,827m	Jenny Dowie (W45) (World rec.) 3
13,655m	Terry Jones (M45) 4
12,878m	Robbie Baulch (M55) (Vic.rec.) 5
12,877m	Annette Pelgrim (W50) (Vic.rec.) 6
12,849m	Frank Furlin (M65) 7
12,602m	Murray Hutchison (M55) 8
12,564m	Rob Waters (M55) 9
12,546m	Lindsay Oxenham (M55) 10
12,261m	Steve Barker (M60) 11
11,660m	Hawley Thomas (M65) 12
9873m	Ken Matchett (M80) (Aust. rec.) 13
5840m	Margaret Prowse (W80) (Aust.rec.) 14



Annette Pelgrim

Another world record in The Sixty Minutes

For the second successive year, Doncaster's feature distance event, The Sixty Minutes, run on September 27, has produced a world record for the one-hour run.

This time it was visiting Warrnambool runner Jenny Dowie, who covered 14,827 metres to break the record for the women's 45-49 age group.

Another Australian, Rosemary Longstaff, of the ACT, set the previous best of 14,688 metres in 1996.

In a record-breaking night there were also two Australian and four Victorian records, which rivalled last year's tally when the event produced a world record plus an Australian and six Victorian records.

Coincidentally Dowie's lap-scorer was Lavinia Petrie, who was last year's world record breaker in the W60 division. Petrie is currently on the sidelines with an injury but her record was not threatened.

Dowie's effort bettered the Victorian record set by Annette Pelgrim in The Sixty Minutes last year, but Pelgrim did not go home disappointed as she has turned 50 in the meantime and ran a Victorian record for the W50 age group.

The greatest distance covered this time was the 16,420 metres by Charles Chambers, which saw him take the M50 Victorian record.

Robbie Baulch (M55) and Ted Paulin (M65) were others to set Victorian records, while the oldest competitors in the event, Ken Matchett and Margaret Prowse, set Australian records in the M80 and W80 divisions respectively. Matchett, who holds a host of distance running records, covered 9873 metres, while Prowse managed 5840 metres.

The field of 15 almost doubled the size of last year's but again the emphasis was on quality rather than quantity.

Obviously, however, the event in increasing in popularity and seems likely to become a permanent fixture in the Victorian Masters' Athletics calendar.

Obituary Tom Worrell

Members who have been in the club for some time will be sad to hear that Tom Worrell has died of cancer, aged 74. Tom was the devoted husband and coach of Val Worrell, one of our best throwers. The Throwers Group will be particularly saddened about his loss.

Tom's career in athletics goes back a long way. As Trevor Vincent said at the funeral, he was one of those who used to train at Caulfield Racecourse in the 1950s. He ran middle distance in the company of such greats as Trevor himself, Tony Cook, John Landy, Keith Lyons, Les Perry, Geoff Warren and Peter Cummins. Trevor spoke glowingly of Tom's enthusiasm and dedication to his running. Unfortunately as a young married he had an accident falling off a roof which ended his running career.

However his enthusiasm was undimmed and he took alternative paths in the sport. He was one of the great ideas men, initiating forms of sports marketing others had not thought of, and supporting those who could still run, in all their endeavours.

In 1987, Vic Vets hosted the World Veterans Games in Melbourne, one of the proudest moments in our history. A triumvirate of Ray Callaghan, Peg Smith and Tom Worrell were the driving force behind this ambitious undertaking.

Our sister organisation, the Victorian Road Runners was initiated by Tom, as a group which would fill a gap for keen but not necessarily elite runners. Many of our members maintain allegiance to both clubs to this day.

In the 90s Tom accepted a position on the Board of AAVAC, the national veterans body. He breathed a new enthusiasm and fresh new ideas into that group. Unfortunately it was a slow moving organisation and could not keep pace with Tom's drive, which he found frustrating.

In recent years, after a hip replacement, Tom had begun a return to active running, entering Masters Games with Val. Unfortunately that was short-lived as what he took to be an injury was diagnosed as cancer, with a short term prognosis. He bravely fought it out for months longer than the doctors expected, but finally passed away on 13 October this year. The sympathies of the club go out to Val and her family. They have every reason to be proud of Tom as husband, father and grandfather.

Colin Browne



AUSTRALIAN MASTERS ATHLETICS INC

2005 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

SAN SEBASTIAN – 21 August to 3 September 2005

www.wma-2005.com, email: info@wma-2005.com

VERIFICATION OF ENTRIES FOR INTERNATIONAL COMPETITION

With the introduction of on-line entries for World Masters Athletics championships, AMA members are reminded that evidence of age is still required to ensure validation of their on-line entry. A photocopy of the athlete's birth certificate or passport giving date of birth must be forwarded separately to the AMA Entries Clerk. This also applies to all paper copy entries – please send your entry form, proof of age and payment to the AMA Entries Clerk who will verify the information and then forward to the San Sebastian LOC.

Please enclose details of a contact at home in case of emergency for the use of the team manager. Entrants must be financial members of the state masters/veterans club. AMA will check that this is so.

AMA Administration Fee: In addition to the WMA entry costs, Australian Masters Athletics charges an administration fee of **\$30.00** for each entrant to cover the costs of sending a team manager and other incidentals such as postage and phone calls regarding the entry. This amount must NOT be included in the payment to San Sebastian as AMA will not be able to get it refunded. Please send it separately by cheque or bank draft in Australian dollars to the AMA Entries Clerk.

Your validation documentation should reach

Colin Browne, AMA Entries Clerk
4 Victory Street, Mitcham Vic 3132

at least **ONE month** (preferably two months) before close of entries to ensure sufficient time for validation.

Travel and Accommodation: Jalpak has been appointed by AMA as our official travel agent for San Sebastian. Phone: 1800 150 122 or email: **adlkss@jalpak.com.au** for information.

Entry Forms: For those athletes who do not have access to the internet, please phone Colin Browne on 03 9874 2501 or Brian Foley on 08 9339 2716 to obtain an entry form.

Australian Uniforms: It should be noted that when competing in an international event it is **compulsory** for competitors to wear the uniform of their country and that for Australian competitors, only the current or immediate previous design will be recognized as the required uniform.

2005 WORLD MASTERS ATHLETICS CHAMPIONSHIPS (cont)

Australian uniforms can be viewed via the Queensland Masters Athletics website at www.mastersathletics.com.au, or by contacting uniform coordinator Hazel McDonnell, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: mcdonnellh@bigpond.com.au)

Team Managers: Depending on the number of Australian entries for the World Masters Athletics Championships at San Sebastian next August there may be a need to appoint one or two team managers to coordinate teams and manage athletic activities and issues such as protests. Australian Masters Athletics will provide some reimbursement of travel and accommodation. A team manager may compete in several events on the understanding that their participation does not impact on managerial duties.

Expressions of interest in this position should reach Brian Foley, Secretary, AMA Inc, 8 Habgood Street, East Fremantle WA 6158 (or by email to: brianfoley@bigpond.com.au) by **31 January 2005**. Applicants should provide a brief summary of their qualifications and experience.

Telstra Australian Mountain Running championships Mt. Buffalo, Victoria - Sunday 25th April 2004

Veteran women

The most outstanding performer was clearly Louise Fairfax in winning W50, in which she is likely to successfully defend her 2002 uphill world title.

Trish Keating of Sydney ran an outstanding 85:54 to win W45 and finish 4th outright while Victoria's living legend Lavinia Petrie, the Four Peaks Queen of the Mountain many times, ran a brilliant 88:22 to take out W60. Carol Harding of the ACT was fastest W40.

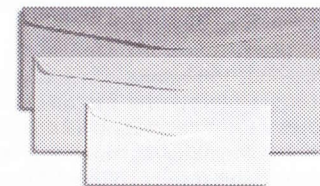
Articles from www.mountainrunning.coolrunning.com.au/results/2004r008.pdf



Louise Fairfax holds the W50
Steeplechase World record



Your Letters



IAAF Awards

Each year the IAAF, on conclusion of the international athletics season, holds a huge Gala Evening at which outstanding athletes are recognized for their achievements. Both Open and Junior male and female athletes of the year are announced. On 19th September this function was held in Monaco and for the first time Masters outstanding male and female athletes were recognized.

Six weeks ago each Masters region was asked to submit nominations of outstanding performances achieved in 2004. From these nominations, a male and female recipient was selected and arrangements were put in place to have the two Masters award winners present in Monte Carlo, Monaco to enjoy the finals of the Golden League and to be present at the Awards Evening.

The Masters Male Award winner was Guido Muller M65 from Germany who put together some amazing performances in the sprints at the WMA Indoor Championships.

The Masters Female Awards winner was Jeanette Flynn W50 from Australia (Queensland) for her World Record performances in the 800m (2:16.78) in February and the Mile (5:13.0).

Jenny, with minimal notice, found herself on a plane and heading to Europe for a weekend that she will never forget. We look

forward to hearing her story when she returns.

Congratulations to Guido and very special congratulations to our Australian outstanding IAAF female masters' athlete Jeanette Flynn.

Wilma Perkins

Has Anyone Seen My Leg Springs?

I recently went to the State Athletic Centre to watch some High School Athletics. It was great to watch the kids perform and be reminded of my own school sporting activities, now more than thirty years in the past.

In particular I found the sprint hurdle events to be most enjoyable and indeed very instructive. It was amazing to watch the fifteen to seventeen year old boys three stride between the hurdles, most of them with little technical ability. The power in the incredible leg springs that these boys possess made me consider the difference in my legs now, compared to when I was seventeen. Back then; although I never had the opportunity to hurdle (can't even remember seeing one) I was long jumping over six metres and triple jumping in excess of twelve. However my main event was the 1500 metres in which I was successful in making the State Championships. Most of us running around at that time must have had some pretty reasonable sort of springs in our legs; regardless of what event we chose to compete in.

Now, well now I rarely contest the Triple, and can't even make the magic five in long jump anymore. Just over ten years ago when I joined QMA my long jumps never measured below five. Wow how things have changed, despite being an active sportsperson all my life. When it comes to jumping for height I now find a pole is necessary in order to achieve any decent vertical lift. How I'd love to get those high school leg springs back again. Now doubt many of you reading this know exactly what I'm talking about.

However this little story is more than a trip down memory lane.

Watching the kids perform was indeed very instructive and prompted me yet again to consider the worth of adult sport and Athletics, and what we expect of ourselves when we compete. It was Oh So Obvious that the hurdle heights and spacings for nearly all athletes presented an appropriate and achievable challenge. What could some of these kids do if they were actually taught to hurdle? My son Andrew ran the sprint hurdles, but at only twelve years, does not yet have the leg springs to propel him like the older boys. Maybe he never will; only the future will tell. What he did do was put his developed hurdling technique to good use and outran his faster though less proficient competitors.

Now you may be aware that the Master's hurdle specs require men of forty-nine years to run exactly the same race as the seventeen-year-old boys. Why we do this when our leg springs are long gone is somewhat of a mystery. Why don't we have hurdle races that use barrier heights and spacings that are more appropriate to our physical characteristics, and that give us a chance of three striding over the barriers? Now of course it is not only forty-nine year old men that experience this predicament.

The Hurdles sub-committee has been promoting a set of Hurdle Specifications, known as the Recommended Specs, for the last two years. Our hope was that these specifications would be adopted by the AMA and given a good trial for at least two years. Unfortunately, though the AMA has given some support to the concept, a rigorous and fair trial of the specs has not proceeded. The decision taken by the AMA at the recent AGM was to stick with the current official specs. The hurdles sub-committee however still exists, and we intend to continue promoting the Recommended Specs, because we all feel that one day we will all accept the fact that our leg springs are not what they once were and appropriate changes will be implemented to reflect this.

I trust this little story has given you some food for thought and prompted you to ponder how our sport is organised and structured. Are there changes, whether to do with hurdles or other events and issues that you think should be

explored? We have good communication tools (Athletic Challenge, Website, and access to other State Masters organisations) whereby views can be shared and developed.

My intention this season is to ask every Australian Master's athlete, who has an opinion on the Hurdles issue to express that opinion. This will be done formally through our established channels, and results collated for presentation to the AMA. However, in the meantime, if you would like to comment on the hurdles' issue, please do so.

Oh and one more thing, if you happen to find my old leg springs (circa 1973) please return them to me at the track. A substantial reward will be offered; my enduring gratitude of course!!

Regards

Peter Marshall

petermarshall@powerup.com.au

Footnote from Alan Lucas:

"In Oct 2003 the VMA committee resolved to adopt the revised specifications for future VMA championships". This means that the revised specifications will remain in place at VMA Championships until such time as the committee endorses a motion to change those specifications. Hurdles should be aware that some of these are different to those being used at AMA championships.

Below are three things that you may want to mention in your state newsletters, particularly the multi event dates.

1. AMA NATIONAL MULTI EVENTS FOR 04/05 SEASON

Queensland have once again accepted the responsibility of organizing the AMA National Multi events Championships for the next three seasons. The dates for this season are 19th/20th February 2005.

So for all athletes keen to participate in the decathlon and heptathlon, it is time to mark the event on your calendar and to train towards a

very enjoyable weekend in Brisbane where you can experience the camaraderie of a multiple event.

2. Did you know that the IAAF Council has implemented an IAAF Athletics World Plan, which initially has 8 objectives? One of these objectives is to have a 20% quota for female representation on Councils, Committees and Commissions at all levels of administration.

Australia is doing very well in Masters on this issue at both State and National level. Congratulations on the high female representation, which has been achieved without any, need for a quota. Let's look forward

to other athletic bodies following in our footsteps.

3. Did you know that the IAAF Council has approved to accept results achieved in Mixed Competition on a national and regional level in Oceania for a trial period of two years? Masters Athletics has had such a policy in place for a number of years and it is great to see that Masters wisdom is carrying over into Open Athletics.

Regards

Wilma Perkins

Fatigue - Is it all in the mind?

Ever wondered why, when you go for a 20-minute treadmill run, the first minute feels easier than the first minute of a 10-minute run?

Prevailing wisdom on muscle fatigue struggles to explain this anomaly. It holds that fatigue occurs when muscles reach some physical limit - deficiency of oxygen or glycogen, or a saturation of toxic by-products.

But why then, do professional long distance athletes run their quickest in their final sprint, when their muscles should be closest to exhaustion?

Enter Timothy Noakes, professor of exercise physiology at South Africa's Cape Town University and proponent of a new theory shattering the old standard. He believes fatigue is not caused by exhausted muscle, but is an emotional response starting in the brain. "The brain, through a mix of conscious and subconscious physiological messages, paces the muscles to keep them well back from the brink of exhaustion," Noakes explains in a recent edition of New Scientist. His "central governor theory" suggests the pain of muscle fatigue is the brain's way of slowing down the body and, like all good scientists, Noakes has authoritative research to support his ideas.

So if it really is "mind over matter," how will this help you in the gym? The short answer is interval training. Repetitive spurts of high-intensity exercise alternated with recovery breaks can greatly improve performance. Maybe going faster more often teaches the brain that going harder won't do any harm. So next time you find yourself succumbing to the burn, you have the mental edge. Fatigue is all in the mind.

Article from Sunday Life - Age of 17 October 2004

A Medical Student Runs A Four-Minute Mile An Impossible Goal is Reached

(Life International 14 June 1954)

For half a century men have moved with measured strides toward a seemingly unattainable goal. Sweden's Gunder Hagg came close to it nine years ago. But the -four-minute mile still stood, like Everest, challenging and frightening.

It frightened Roger Bannister, a shy 25 year-old Oxford graduate and medical student, as he stepped to the mark at the university's track on May 6 1954 for his first race of the Year. A bystander asked him if he was going to "go for it." Bannister, staring wooden-faced, replied, "I wouldn't like to comment on that."

But he had already decided to go for it, completely and unequivocally. He had a good plan, hatched in secret last fall, which involved two other men in the race. One was his friend Chris Brasher, whose chore, according to plan, was to pace him the first two quarters.

At the halfway point another friend, Chris Chataway, would forge ahead and keep up the hot pace. Beginning the last quarter-mile lap Bannister would take over. He did, hitting the tape (below) in the history-making time of 3.59.4. "I had no idea," he said later, "it was so hard."

Experts say this isn't the way and his body almost agrees

According to all the laws of physiology and foot racing, Bannister's mile could not have been done. For more than 20 years physiologists and track coaches had been scientifically plotting the way the four-minute mile would be run. They could foresee the pattern, even to the fractional times for each quarter.

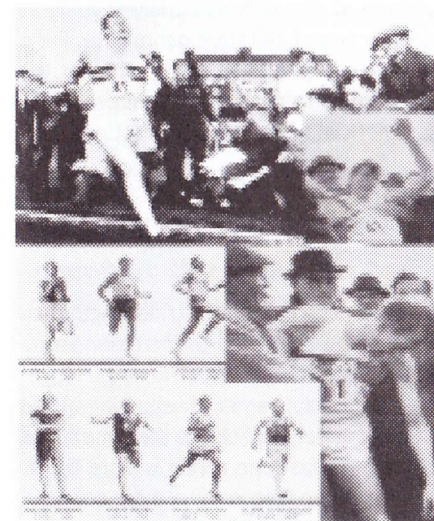
The great feat, they said, would be achieved in Scandinavia where the ozone helps give the runner an added lift. It would be run in a spring twilight at approximately 7:30 p.m. with the temperature about 68°. The air would be absolutely still, for wind hampers a runner more when it blows against him than it helps when it is with him.

The track would have to be dry clay hard enough for spikes to take hold and come out clean. A large and enthusiastic crowd would be on hand, for every miler knows that a swelling roar from the stands gives a psychological lift in the final lap. The times for the quarters' would be 61, 60, 60, 58. Physiologists insisted that the first quarter be the slowest to give the body time to step up its intake of oxygen to the maximum of 4.5 quarts per minute (the normal human consumes only 1/20 of that while resting).

continued next page

Bannister outraged all concepts by running on damp cinders instead of dry clay, in latitude some 10° south of what the scientists prescribed and in a wind blowing up to 15 mph. Because nobody expected him to come close to four minutes, there were barely 1,500 people present to cheer him onward through the taxing last lap. By going the first quarter in 57.5 seconds, fastest of all, he fooled not only the physiologists but also himself. Bannister confessed later that he thought Brasher, the early pace setter, was running too slow and keep calling to him, "Faster! Faster!"

As is the case with so many historic events, it came within an eyelash of not happening. Rain was falling an hour before the race and Bannister was all set to call off the big push he had been planning since November. But as he walked uneasily toward the starting point his confederates, Brasher and Chataway, talked him back into it - and thus into immortality.



Major Competitions

Pan Pacific Masters Games,
6th - 14th November, 2004, Gold Coast

AMA Track & Field Championships, Brisbane
25th-28th March 2005

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

RUNNING STRIDE LENGTH AND STRIDE FREQUENCY

By Earl Fee

All serious runners should be interested in how stride length and stride frequency changes with increased speed, and how these change with increased age. A better understanding will indicate what may need to be worked on or improved in your particular case. This can lead to improved speed and/or greater running economy.

Stride Length and Frequency for Distance Runners

At the 1984 Olympics Jack Daniels Ph.D. investigated the stride length and frequency of male and female runners for distance events from 800 metres to marathon. "The fastest turnover rates were among the 800 metre specialists, and the next were the 1500 metre runners, *but from the 3000 meters on up to the marathon there was little-variation in turnover rate.*" "The women took only a few more steps per minute than the larger men who had much longer strides." For the 3000m and longer distances with nearly constant turnover the slower speeds are accomplished by shorter strides. In these distance events nearly all runners have a turnover rate of near 180 to 190 steps per minute. Also at my local YMCA I checked the steps per minute of five different runners going at different but moderate rate speeds and all were within a step or two of 180 steps per minute. For a given long distance runner the turnover is essentially the same within a few percent whether the pace is racing at five minutes per mile or training at above six minutes per mile. If turnover is low such as about 160 steps per minute for some beginners, it is beneficial to change with practice to 180 steps per minute.

Competitors in the middle distance events have considerably longer strides and the turnover may be up to about 220 steps per minute or 110 strides per minute.

For distance runners to increase speed it is more productive to work on increasing stride length than frequency. Increased frequency will result in greater energy usage compared to increased stride length. My experience running in the deep end of a pool confirms the above. In pool running a longer more powerful arm and leg motion is about six percent faster than a rapid arm and leg action. (Note in pool running as in land running the arms drive the legs.) Or alternately, to achieve the same speed as in the long powerful arm action, with the faster arm action—the fast arm action is more tiring. Similarly, in swimming the stroke length is more important than stroke frequency: a more powerful arm stroke will result in more speed with less energy than an increase in stroke rate.

Stride Length and Frequency for Sprinters

For sprinters, as running speed approaches maximum, frequency changes more than stride length. A maximum stride length is achieved and then further speed is achieved by increase in frequency of turnover. Hence to increase speed, sprinters need to work on both stride length and frequency.

Effect of Ageing on Stride Length and Stride Frequency

Dr. Nancy Hamilton of U of Northern Iowa investigated the effect of ageing on running form by video taping runners at the Masters meet in San Diego and the World Masters Championships in Eugene both in 1989 (Journal of Applied Biomechanics, vol 9, p 15-26, 1993). She compared the biomechanics of fast and slow, and older and younger athletes. From computer analysis she learned of ways to preserve specific aspects of running form to slow down the decline in running speed with age.

Facts

The following are some of Hamilton's significant findings for runners:

1. "Stride rate dropped off only a small amount, not statistically significant, after age 55.
2. Runners in their 80's had only 4 to 5% slower stride rates than 35 year olds.
3. Stride length of 35-39 year olds had stride lengths of 4.72 meters compared with 90 year olds of 2.84 metres - a 40% decline. (Note one stride = two steps.) Stride length declined after age 40."

Similarly for walkers: with increasing age, stride rate stays nearly the same but stride length (gait) decreases drastically.

Hamilton's Conclusions

She concluded the decline in stride length and velocity was due to the following in order of importance:

1. "Range of motion of hips during backward motion of the support leg decreased 38% between the ages of 35 and 90. This was most significant after age 50. [I call this "decline in toe-off angle," i.e., the angle between the back leg and the ground at push-off.]
2. Range of motion of knees during swing phase or forward return of leg decreased 33% (from 123 to 95 degrees) between the ages of 35 and 90. This was most significant after age 60. [I call this "decline in knee flexion angle."] With increased age there was increased time spent in the support phase, or time spent in contact with the ground."

Recommendations to Reduce Decline in Toe-Off Angle:

- A strong thrust at toe-off also involves powerful calves, quads, hip flexors, gluteus muscles, and ankles. Weight train these areas once or twice per week. Also daily stretching of these areas is essential. One leg squats are recommended to develop mainly the quads, and glutes, but also the hamstrings.
 - To strengthen glutes in particular lie on stomach with legs stretched out; raise one straight leg about 0.3 metres at your foot, and lower to floor. Do 3 sets of 10 reps daily.
 - Strengthening the hip flexors will result in a higher knee of the return leg before touchdown. This in turn results in a more powerful toe-off thrust and a longer stride.
 - Leg swinging exercises will result in more flexible hips. I have always been a big advocate of flexibility of the hips to assist running form and economy.
 - The lunge exercise is very useful to increase the toe-off angle. Ensure that the back lower leg is parallel to the ground to achieve a great stretch of the hip flexor muscle.
- Toe raise exercises will result in a for more powerful toe-off

Recommendations to Reduce Decline in Knee Flexion:

- Ideally the knee should be well flexed during forward return so the foot is near the buttocks. This results in a short lever with the center of gravity of the leg close to the pivot point -the hip. Hence the effort to swing the leg forward is much reduced resulting in a fast return of the leg to the front.
- Lighter shoes will assist a faster return since rotating a heavy object at end of a lever particularly a long one (as in a 90 degree bent knee) is harder work.
 - Stretch the quad, hip flexor and hamstring muscles daily.
- The butt kick drill should be done regularly.

Recommendations to Reduce the Contact Time During Support Phase

- The usual recommendation is to dorsiflex the foot (flexed upwards) before it strikes the ground. This also assists to have the foot land under the center of gravity (c. of g.) and helps prevent some possible braking by landing slightly in front of the c. of g.
 - The running ABC drills and plyometrics will assist to reduce contact time. Plyometrics, particularly one legged, will build strength and coordination in the foot, ankle, shin, calf, thigh, hip, and will activate the central nervous system as well. With the drills practiced regularly it is possible to save about 0.01 per step. For example, this is a saving of over one minute in a 10K race or one second in a 200-metre race.
 - Pilates exercises regularly will improve hip and knee mobility
- The following typical fast movements: fast feet drill and fast arms drill, punching bag drill, and fast moving of weights will help preserve the neural pathways and the fast twitch muscles. This will also result in faster reaction times.

Some Further Useful Exercises

The following will assist stride length and stride frequency:

- Running uphill fast will enhance the dorsiflexion of the feet and increase knee lift while building leg strength.
- Running downhill fast or running fast with a strong wind at your back will increase turnover.

For all runners, strength and flexibility and reaction time are essential, to increase or maintain stride length and stride frequency. But for distance runners a greater oxygen capacity will assist to a greater extent than the above three. This is why elite runners are able to maintain long strides at reasonable frequencies at high speeds-making it look easy. Their superior oxygen uptake allows for the additional energy required for a continuous smooth longer stride. The anaerobic threshold runs, VO₂max intervals and long aerobic runs improve the distance runner's aerobic capacity, which in turn allows for a longer stride.

Earl Fee: Author of "How To Be A Champion from 9 to 90.."

Articles from "The Canadian Masters Athletic Association - MASTERPIECE - Summer 2004 No. 130"

Recent Research on Bone Density (cont from page 20)

The important point here is that high calcium nutrition was a significant part of the women's diets. So contrary to some other earlier cross-sectional studies that chronic running for older women was beneficial; this one definitely supports the master women in their persistent and consistent running endeavours. However there was a sample limitation in that there was no "non exercising control group matched" for various dimensions of the study. Also the original sample was on the small size.

Further long-term study is required in the form of a "follow up of women runners" who have experienced some form of fracture and then to see if there are any "protective implications of these findings".

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Victorian Masters Athletics
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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
Aust Mountain Running Association
Australia's Runner's World
ACTVAC and others
Qld Masters Athletics Association
Sth Australia Masters Athletics
WA Masters Athletics Club
Alice Springs Masters Games
San Sebastian 2005 WMA Championships
2006 WMA Championships Non-Stadia
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Masters Track & Field Magazine
"The" Masters Track & Field Site
Pan Pacific Masters Games Gold Coast
Victorian Road Runners
European Veterans Athletic Association
EAA European Athletic Association
British Masters Athletic Federation
Sports Dialog Digest Archive
Yahoo! Groups: vicmasters
Melbourne University Athletics Club
For Masters Athletes by Masters Athletes
IAAF World Championships- Helsinki 2005

Victorian Master Chat Group

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

The internet address is <http://groups.yahoo.com/group/vicmasters/>

What's On

November 2004

- 2nd Bright Alpine Climb 4 Peaks (various), Bright/Harrietteville, various (5755 1507h)
- 6th VRR Tan Time Trial (8km & 4km), near Government House Drive, Birdwood Avenue, 7.30am (9744 1072)
- 6th-14th Pan Pacific Masters Games, Gold Coast, (07) 5564-8733 - www.mastersgames.com.au
- 7th VRR Jells Park (15km, 10km & 5km), Jells Park, Ferntree Gully Road entrance, 9am (9744 1072)
- 7th 5th Annual Cool Country Classic (1 Okm & 5km), Pearsons Road & James Lane, Trentham, 11 am (9225 6827 w)
- 11th VRR Twilite Tan Time Trial (8km & 4km), near Government House Dve, Birdwood Ave, 6.30pm (9744 1072)
- 16th Caulfield Gus Theobald Relay, Caulfield venue
- 21st Olympic Dream Run & Walk (10km & 6km), Birrarung Marr Park, Melbourne, 9am (9381 4666 w)
- 21st Meadow Glen YMCA Fun Run (8km & 4km), Athletics Centre, McDonalds Road, Epping, 10am (9217 2368 w)
- 28th Broadmeadows Community Festival Run (6km & 4km), Broadmeadows Valley bike path, 9am (9309 3301 h)
- 28th Spring Into Shape Run Series (8km & 4km), Alexandra Gardens, 9.30am (9819 9225 w)

December 2004

- 2nd East Burwood Ian Prestegar 10km N.O.T., East Burwood venue
- 4th VRR Tan Handicap & Breakfast (8km & 4km), Swan Street Bridge at the Tan, 7.30am (9744 1072)
- 5th Sussan Women's Fun Run (10km & 5km), Catani Gardens, bottom of Fitzroy Street, St.Kilda, 7am (9656 3501)
- 5th Self Transcendance Foreshore Run (10km & 5km), Sadler Reserve, Williamstown, 8am (9650 0114) .. _ _
- 5th CHC Coburg Lake Classic (10km & 5km), Harold Stevens Athletics Track, Coburg, 9am (9386 9251 h)
- 5th Big River Nude Run (8km & 4km), River Valley Nudist Holiday Resort, Echuca, 10am (5482 6650)
- 6th Zatopek Track Series (10km), Box Hill Athletics Track, TBC (9819 9225 w)
- 8th Knox Half Marathon, Knox venue
- 9th VRR Twilite Tan Time Trial (8km & 4km), near Government House Dve, Birdwood Ave, 6.30pm (9744 1072)
- 15th Sporting Chance Christmas Run (10km & 5km), Albert Park Lake, 6.30pm (9819 9225 w)
- 31st VRR New Year's Eve (8km & 4km) fun run and champagne breakfast, Swan Street Bridge at the Tan, 7.30am (9744 1072)
- 31st Dawn Buster Fun Run (6km), Market Square, Moorool Street, Geelong, 7am (5243 5374 h)

What's On

2005

February

- 14th The Landy Trophy (age-graded handicaps; heats 200 & 1000, finals 400) Entries \$10, close 29th January

March

- 5th-6th VMA State Track & Field Championships, Duncan MacKinnon Reserve

25th-28th

- AMA Track & Field Championships, Brisbane

TBA

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

July

- 22nd-31st 6th World Masters Games, Edmonton, Canada

August

- 10th-12th The first Masters GP meeting in Lahti (Helsinki)

22nd-3rd

- Sept 16th WMA (Stadia) World Championships, San Sebastian, Spain

2006

January

- Oceania Championships, Christchurch, NZ

TBA

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

May

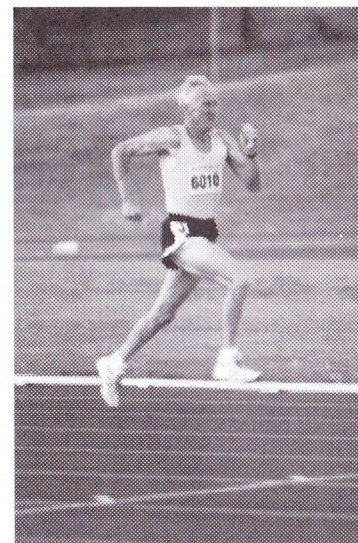
TBA

- WMA Indoor Championships

2007

July

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



Ted Paulin At the Landy Trophy
Ted took part in the 60 Minutes at
Doncaster on 27th September
See article page 21