

Vic Masters

News and Results

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News and Results

Victorian Masters Athletics Inc.

January 2005

Walking at Break-record Speed

Article from Lilydale Yarra Valley Leader - 8th November 2004

RACING against the clock is how Grygere's Liz Feldman passes the time.

On October 24, the 56-year-old race-walker trampled the world record by 11 minutes, coming in at 5hr 45min 8sec, for a 50km race in her age group at the Australian championships.

Ms Feldman said it's not an issue of how many competitors are in the race, as you are trying to beat the clock, which is judged by International Olympic Committee rules.

"Even after 50km, you can be disqualified in the last 200m," she said. "There are judges every 300m."

The demanding sport requires that race-walkers not alter their technique, which requires one foot on the ground at all times with a straight knee.

Earlier this year, Ms Feldman broke the Victorian mile record and the 1500m as well as the 10km and 20km.

"I've been race-walking for five years," she said.

With great success in a short time, she attributes it, in part, to her long career as a distance runner.



Race-walker Liz Feldman training near Chum Creek Primary School

Victorian Masters Athletics Inc.

Office: 2/16 Barkly Street, Ringwood, 3134

President	Rob Waters	9318-3802	5 Bellevue Court Maribyrnong 3032
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Committee	Margaret Routley	9850 1393	4/1-3 Dean Close Lower Templestowe 3107
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Mailing Officer	Colin Browne	9874-2501	colinbrowne@optusnet.com.au

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, Trueman's 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	Michael Orelli	15 Snowden Street Laverton 3025	9369 5243
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 judynden@bigpond.com	9752 5977
Doncaster	Rod Jellett	32 Launderers 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
East Burwood	Ashley Ryan	29 Alvena Crescent Heathmont 3135 ryan.ashley.p@edumail.vic.gov.au	8802 1046 0418 534 373(M)
East Burwood	Allan Wood	44 Halls Parade Mitcham 3132 allansfurniture@optusnet.com.au	9872 4362
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 ureni@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	Ken Taylor	18 Charles Street Blairgowrie 3942	5988 8823
Springvale/ Noble Park	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

Doncaster - Change of Venue

Due to reconstruction works, Doncaster will race at the East Burwood venue every Monday night from 29th November 2004 to 14th January 2005 starting at 7:30pm

Reference Websites

www.vicnet.net.au/~vicvets/
www.users.bigpond.com/judynden/atg
www.athsvic.org.au
www.val.org.au
www.geocities.com/Colosseum/5654/vicwalker.html
www.athletics.org.au
www.iaaf.org
www.atfca.com.au
www.aims-association.org
www.coolrunning.com.au/ultra/
www.coolrunning.com.au
www.mountainrunning.coolrunning.com.au
www.ausrun.com.au
www.webathletics.com.au
www.mastersathletics.com.au
www.members.bettanet.net.au/~pardon/
www.mastersathleticswa.org/
www.alicespringsmasters.nt.gov.au
www.wma-2005.com
www.wma2006.org
www.world-masters-athletics.org
www.nationalmastersnews.com
www.masterstrack.com
www.mastersgames.com.au
www.virtual.net.au/~vrr
www.evaa.nu/
www.european-athletic.org/
www.bvaf.org.uk/
www.sportsdialog.com/archive.html
sports.groups.yahoo.com/group/vicmasters
www.athletics.musa.net.au
www.lollylegs.com
www.lahdenahkera.fi

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
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
World Masters Athletics (WMA)
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

DOUG ORR MEMORIAL HALF MILE HANDICAP FINAL - 2004

(Bob Hayes, East Burwood)

A large gathering of members from the five venues with whom the late Doug Orr was most closely connected (Croydon, Doncaster, East Burwood, Knox and Springvale), gathered at East Burwood on Thursday, 28 October, for the running of the 2004 Inter-Venue Final of the Doug Orr Memorial Half Mile Handicap. The respective venues conducted a series of heats and a final to select five venue members to contest the inter-venue final. Thus EB Co-Manager, Ashley Ryan, introduced a field of 25 runners prior to starter, Trevor Jupp, sending out-marker, Jack Gubbins (S), on his half-mile (804.5 metre) journey. As the clock ticked over the rest progressively followed. Jack had entered the main straight on his first lap before back-marker, Mark Crawford (D) off 1:39, commenced. Terry Dunne (C) off 0:37, took the lead well before the finish and won easily 8.5 sec. ahead of fellow venue member, Glenn Claiden with Bill Irvine (S) third. Having qualified as a finalist Terry later admitted to training especially hard for the final in honour of his former good mate, Doug, running many seconds faster than handicappers, Karen Archer and Ken Walters may have expected. Thank you to the venues for supporting this great annual event in memory of Doug Orr and to the many folk (too numerous to identify) who contributed much appreciated practical assistance including the sumptuous supper enjoyed by all in attendance.

Award winners

1st Place: Terry Dunne (Croydon), 2nd Place: Glenn Claiden (Croydon), 3rd Place: Bill Irvine (Springvale); Fastest Actual Time: Mark Crawford (Doncaster) 2:16.6; Best Age Graded Performance: Gary Stewart (Knox) 81.74%; Doug Orr Perpetual Team Trophy: Croydon Venue (55 points); (East Burwood (66 points) was second followed by Doncaster, Knox and Springvale all scoring 68 points. Finishing places of venue team members aggregated with lowest total winning.)

Overall Results

NAME	Age	Home Venue	Place	Clock Time	Hcp.	Actual Time	Age.Gd.%
Terry DUNNE	67	CROYDON	1	3:42.5	0:37	3:05.5	73.69
Glenn CLAIKEN	50	CROYDON	2	3:51.0	1:09	2:42.0	72.05
Bill IRVINE	56	SPRINGVALE	3	3:52.3	1:15	2:37.3	78.00
Danny MAYES	31	E.BURWOOD	4	3:53.8	1:13	2:40.8	63.40
Alan BENNIE	57	SPRINGVALE	5	3:54.3	1:17	2:37.3	78.70
Neville SMITH	45	KNOX	6	3:54.7	1:29	2:25.7	77.10
Gavin MORTON	44	KNOX	7	3:54.9	1:17	2:27.9	70.62
John SUTTON	61	E.BURWOOD	8	3:55.1	0:52	3:03.1	70.15
Peter MAY	43	E.BURWOOD	9	3:55.4	1:35	2:20.4	78.85
Mark CRAWFORD	45	DONCASTER	10	3:55.6	1:39	2:16.6	77.16
Jodi CHANDLER	36	DONCASTER	11	3:55.8	1:02	2:53.8	67.71
Scott CHAMBERLAIN	39	DONCASTER	12	3:56.0	1:22	2:34.0	69.87
Gary STEWART	59	KNOX	13	3:56.2	1:22	2:34.2	81.74
John BROWNE	53	DONCASTER	14	3:56.4	1:19	2:37.4	75.99
Howard REES	57	SPRINGVALE	15	3:56.7	1:16	2:40.7	77.03
Adam REIUSSET	32	CROYDON	16	3:56.9	1:36	2:20.9	72.82
Tony MISKELL	53	CROYDON	17	3:57.5	1:12	2:45.5	72.40
Mick CARR	51	KNOX	18	3:57.9	1:23	2:34.9	75.96
Ron SMITH	55	CROYDON	19	3:58.4	0:27	3:21.4	60.38
Leo WATSON	63	E.BURWOOD	20	3:59.3	0:59	3:00.3	72.67
Con MATTHEWS	68	DONCASTER	21	3:59.7	1:07	2:52.7	80.05
Jack GUBBINS	75	SPRINGVALE	22	4:00.4	0:00	4:00.4	62.87
Daniel JUHEL	56	SPRINGVALE	23	4:00.6	1:22	2:38.6	77.36
Peter BIGNELL	49	KNOX	24	4:01.1	1:30	2:31.1	76.64
Rob BAULCH	56	E.BURWOOD	25	4:02.5	1:11	2:51.5	71.54

THIRTEENTH ANNUAL "TWILIGHT"

LINDSAY THOMAS MEMORIAL 10 KM RUN

WEDNESDAY 19 January 2005

BRAESIDE PARK – MELWAYS REF: 88 D7

(ENTRANCE LOWER DANDENONG ROAD)

3 EVENTS on the PROGRAM, all starting at 7 PM SHARP – 5KM WALK (One lap of the Park), 5 KM RUN (one lap of the Park) AND 10 KM RUN (Two laps of the Park). Note - Distances are actually a little longer than 5/10 km. Non Masters registered athletes are welcome to compete by invitation.

Entry fee is \$4 payable on the night and there are trophies for the first three males and females in each event, first 50+ and 60+ male and female in the 10km run (other than open placings), first non registered Master male and female in the 5km run, plus numerous spot prizes. Supper provided.

Conducted by Springvale/Noble Park venue. Enquiries to Ken Hough Tel 9798 1231 (AH) 9854 4617 (Bus)

PAST WINNERS LINDSAY THOMAS MEMORIAL - 10 Km RUN

MALE				FEMALE			
1993	Barry Fry	Tootgarook	37.57	1993	Theresia Baird	Springvale	40.50
1994	Terry Harrison	Mentone	36.43	1994	Theresia Baird	Springvale	44.16
1995	Russell Johnson	Aberfeldie	34.57*	1995	Petrina Trowbridge	Collingwood	40.08
1996	Russell Johnson	Aberfeldie	36.20	1996	Bronwyn Hanns	Mentone	41.40
1997	John Duck	Non-Venue	35.33	1997	Helen Myall	Springvale	52.31
1998	Russell Johnson	Mentone	36.41	1998	Janis Wright	Frankston	45.58
1999	Terry Harrison	Mentone	35.42	1999	Theresia Baird	Springvale	40.30
2000	Russell Johnson	Springvale	36.09	2000	Theresia Baird	Springvale	42.03
2001	Russell Johnson	Springvale	36.19	2001	Theresia Baird	Springvale	40.55
2002	Yiannis Kouros	Coburg	36.51	2002	Bronwen Cardy	Caulfield	38.02
2003	Mal Grimmett	Frankston	37.11	2003	Kate Weeks	Mentone	41.40
2004	Jeff Boot	Caulfield	38.20	2004	Bronwen Cardy	Caulfield	40.33

Course Record

ANDY SALTER MEMORIAL RELAY

When - Wednesday, 2nd February 2005

Where - Ross Reserve, Memorial Drive, Noble Park

The Andy Salter Relay has been a highlight of the Springvale /Noble Park calendar for many years. Also held on the same night is the Bert Warburton Memorial Walk Relay.

The Andy Salter Relay is run over a 3.1km road course, with four runners in each team completing one lap of the course. There are two divisions, one for Challenge teams and the other for Fun Run teams.

Challenge teams must consist of three men and one woman and the total combined age of the team must be at least 175 years. The winning team will be presented with the "Andy Salter Perpetual Trophy" to hold for 12 months. The members of the first three teams receive trophies.

Fun Run teams consist of four runners but there are no age (other than runners being of Masters age) or sex restrictions. There will be trophies for members of the first team to finish. As well there will be random spot prizes for fun run teams.

The Bert Warburton Walk Relay is over a 2-km course with each walker completing one lap. Team of three walkers of veteran age (male, female or mixed teams) will compete on an estimated time basis. Upon entry, teams nominated an estimated total team time. The team that finishes closest to their estimated time will receive trophies. Obviously no watches allowed for the walkers.

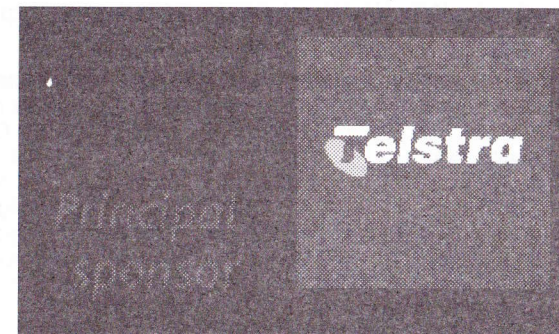
Entry fee is \$8.00 per run team and \$6 per walk team, payable on registration between 6.40 pm and 7.10 pm on the night.

The program for the night is:

7.15 pm 100 metre sprint

7.20 pm Andy Salter relay/Bert Warburton Relay

There will be a 3km-track run after the relay for the truly dedicated, followed by supper and presentations. Come along and have a great night. Any enquiries to Alan Bennie on 9547 2978.



HOSTED BY

**QUEENSLAND MASTERS ATHLETICS
ASSOCIATION Inc**

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Telstra Australian Masters Athletics Championships

Program Schedule

Friday 25 th	Saturday 26 th	Sunday 27 th	Monday 28 th
10,000 m	5,000 m Walk	5,000 m	10k m/20k m Road Walk
80,100,110 Hurdles	1500 m	200 m Finals	8 k Cross Country
800 m	Steeplechase	400 m Heats	400 m Final
Pole Vault	Long Hurdles	100 m Champions H/cap	4 x 400 m Relay
Long Jump	100 m Heats	4 x 100 m Relay	Weight Throw
Javelin	100 m Final	Triple Jump	Pentathlon
Shot Put	200 m Heats	Weight Pentathlon	Throws Champions H/cap
	High Jump		
	Hammer		
	Discus		
Coaches Forum	Athletes Forum	Dinner & Awards Evening	
VENUES:			
Track & Field	Q S A C	Nathan	
Road Walks	Davies Park	West End	
Cross Country	Teralba Park	Mitchelton	
Athletes Forum	Q S A C	Nathan	
Coaches Forum	Q S A C	Nathan	
Dinner & Awards	Q S A C	Nathan	
VENUE: Q S A C was formerly known as A N Z Stadium and QE11			

General Conditions

Competition Rules:

Competition will be conducted under IAAF, WMA rules subject to any special rules laid down by the Local Organizing Committee. Entry signifies that each competitor will abide by the rules.

Age Groups: Competition will be conducted in the following five - year age groups for men and women. 30-34,35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99,100 Plus

In accordance with WMA rules, competitors may only compete in the age group for which they qualify on the first day of the championships, which in this case being 25th March 2005.

Entry Rules: Only financial members of Associations and or Clubs affiliated with Australian Masters Athletics are eligible to compete in this competition. There will be **NO Temporary** memberships. State Uniforms are compulsory and will be enforced. Athletes registered with overseas Veterans/ Masters athletic clubs can compete on an invitational basis.

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

Confirmation of Entry: All entrants will receive confirmation of their entry and events entered. Full details of the program schedule will be in the Program of Events Book that will be supplied to all entrants and will be available for collection from "The Field Room " at Queensland Sports and Athletic Centre (formally ANZ Stadium / QE11).

Time for collection will be from 12 noon to 5-00pm on Thursday 24th March 2005 and throughout the Championships.

Results: A Results book will be posted to all entrants.

Parking: Ample parking available at the Athletic Centre.

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

Telstra Australian Masters Athletics Championships

Entry Form

ENTRIES CLOSE: 25th February 2005. NO LATE ENTRIES WILL BE ACCEPTED
 Send entries to: A.M.A National Championships Box 564 Post Office Rochedale Qld 4123
 Enquiries: Phone: 07 3341 2251 or Email: coop@powerup.com.au

Personal Details:

Surname: _____ First Name: _____

Date of Birth: _____ Sex: / /

Address: _____ State: _____ Post Code: _____

Contact Number: _____ Emergency Contact Number: _____

Email: _____ Mobile Number: _____

Entry Details

Mark	Event	Event	Eligible	Expected
X	Code		Age Groups	Performance
	100	100 Mts	All	
	200	200 Mts	All	
	400	400 Mts	All	
	800	800 Mts	All	
	1500	1500 Mts	All	
	5000	5000 Mts	All	
	10000	10000 Mts	All	
	80H	80 Mts Hurdles	M70+, W40+	
	100H	100 Mts Hurdles	M50-59, W30-39	
	110H	110 Mts Hurdles	M30-49	
	300H	300 Mts Hurdles	M60+, W50+	
	400H	400 Mts Hurdles	M30-59, W30-49	
	2000S	2000m Steeplechase	M60+, W30+	
	3000S	3000m Steeplechase	M30-59	
	Relays	X for expression of interest		
	5000W	5000m Track Walk	All	
	10000W	10km Road Walk	W30+, M70+	
	20000W	20km Road Walk	M30-69	
	8000	8km Cross Country	All	
	LJ	Long Jump	All	
	TJ	Triple Jump	All	
	HJ	High Jump	All	
	PV	Pole Vault	All	
	SP	Shot Put	All	
	DT	Discus Throw	All	
	JT	Javelin Throw	All	
	HT	Hammer Throw	All	
	WT	Weight Throw	All	
	Pent	Pentathlon	All	
	WPent	Weight Pentathlon	All	

Continued next page

Telstra Australian Masters Athletics Championships

Payment Details

1	QMA Administration Fee:	\$20.00
2	AMA Administration Fee:	\$20.00
3	Event Fees: Number of Events @ \$7.00 each = _____	
4	Function: Number of Guests @ \$45.00 each = _____	
5	Merchandise Order Circle Size	
6	Polo Shirt @ \$25-00 S M L XL XXL _____	
7	T/Shirt @ \$20.00 S M L XL XXL _____	
8	Relay Fee \$5.00 per Person per Relay	
	Circle Relay 4x100mts 4x400mts _____	

Total _____

Privacy Statement

I acknowledge that I have read the Privacy Statement listed under General Conditions and agree to the conditions stated

Credit Card Payment: Telstra Australian Masters Athletics Championships Entry

Please tick card type: Bankcard Mastercard Visa

Card number: _____

Name on Card: _____ Expiry Date: _____

Signature: _____ Amount: _____

Disclaimer:

I hereby declare that I am good health and will be properly conditioned for the activities that I will enter in the Telstra Australian Masters Athletics Championships 2005. I absolutely relieve Queensland Masters Athletics Association Inc and the Australian Masters Athletics Inc of any responsibility for any injury or damage to myself that I may sustain in the course of competing in these Championships.

Print Name: _____ Signed: _____ Date: _____

Continued next page

Accommodation Guide and General Information

City Accommodation Prices as a guideline only

Central Apartment Hotels
Reservation - 1800 077 777
All types of City Accommodation

Summit Central Apartments
32 Leichhardt Street Brisbane
Free Call: 1800 061 358
07 3839 7000 Rates: self contained
2 Bedroom (sleeps 6) \$ 215-00
1 Bedroom (sleeps 4) \$ 165-00
Studio type (sleeps 2) \$ 140-00

Aussie Colonial Inn
123 Warry Street
07 3257 0799
This is back packers type accommodation
Rates: Single \$ 45-00 per night
Double \$58-00 per night
Shared Bathroom- Shared Kitchen

Accor Hotel Services
Ibis Hotel
27/35 Turbot Street Brisbane
3237 2333 1300 656 565
Rates: \$105-00 per room per night

Caravan Parks
Sheldon Caravan Park
27 Holmead Rd, Eight Mile Plains
Phone: 07 3341 6166
Website: www.sheldoncaravanpark.com.au
1 Km from EQ11 Stadium

Big 4 Holiday Park
Free Call: 1800 632 444
Website: www.big4.com.au

Gateway Village Resort
Brisbane Southside
200 School Rd, Rochedale
Phone: 07 3341 6333
Free Call 1800 442 444
Website: www.gatewayville.com.au
15min drive to the track

Brisbane Holiday Village
10 Holmead Rd, Eight Mile Plains
Phone: 07 3341 6123
Website: www.brisbaneholiday.com.au
10min drive to the track

MOTELS (Close vicinity to the Track)
Comfort Inn Robertson Garden
281 Kessels Rd, Robertson
500 metres walk to Track
Phone: 07 3873 1999
www.robertsongardens.com.au

Garden City Motor Inn
2148 Logan Rd. Mt Gravatt 07 3343 3655

Sunnybank Star Motel
Cnr Padstow & Warrigal Roads
Eight Mile Plains 07 3341 7488
10mins drive to the track

Travelodge Garden City
Logan Road, Upper Mt Gravatt
1300 728 628
15min drive to the track

Viking Motel
1027 Logan Rd Mt Gravatt
07 3349 7588 -1800625 811 free call

General Information

Airtrain (Station directly outside Terminal)
Airport Train to Brisbane City
\$10-00 one way == runs every 20mins.

Airtrain to Gold Coast (Station directly outside terminal)
\$20-00 direct to Gold Coast -2 trains an hour

RACQ for all travel information guide
Free Call: 1800 629 501
Website: www.racq.com.au

Buses from the City to Mains Rd
Trip approx 15mins. Then a short walk to the Track

Train Timetable Citytrain 3606 5555 24 hours service

Brisbane Airport Transfers to the Gold Coast
Meets all major flights
For bookings contact Coachtrans 3238 4700

Taxi Cab Numbers

Black & White 131 008 Yellow Cab 131 924
Taxi Cost from the city to ANZ Stadium QE11
approx \$26-00
Taxi fares to the city from Airport approx \$30-00

Gold Coast Theme Parks
Contact RACQ for discount rates
1800 629 501
Gold Coast approx 1 hour drive from the Track by car.

Shopping Centres

- Sunnybank Plaza Shopping Centre
Mains Road Sunnybank
Walking distance from the track
- Garden City Shopping Centre
Logan & Kessels Road Upper Mt Gravatt
10 mins from the Track
- Catch a bus from Mains Road to the City Shops

Queensland Beautiful one day perfect the next

The Landy Trophy Strides Ahead

Plans are well under way for the sixth running of The Landy Trophy, Victorian Masters' Athletics' blue riband multi-distance event, to be run at Doncaster on the evening of Monday, February 14.

The Landy, which is run from age-graded handicap marks, has become recognised as perhaps the sternest test of quality, versatility and stamina in Australian Masters' Athletics.

For the second time, the 2005 meeting will feature a strong and diverse support program with The Doncaster Dash, a 100 metres event restricted to members of Doncaster Little Athletics, and The Manningham Mile, which is open to any athlete affiliated with Athletics Victoria. All three events carry perpetual trophies and handsome and valuable 'take home' trophies, which, in the cases of The Landy and The Mile, are valued at \$800 each.

The strength of the profile of The Landy Trophy meeting is illustrated by the support of its sponsors, all of whom have signed up again, and in particular Manningham City Council, which, at its instigation, has entered into a five-year deal with Doncaster to sponsor The Manningham Mile. The Landy Trophy, first run in 2000, was named in honour of John Landy, one of the icons of Australian athletics.

Despite his many achievements, both on and off the track, Landy will always be best remembered for two things - his 3:57.9 mile in Turku, Finland, in June 1954, which saw him break the world record in becoming only the second man to run sub-four minutes, and his remarkable action in going back to assist fallen compatriot Ron Clarke in the 1956 Australian Championships mile, which he went on to win. Those two incidents assured him of a lasting place in the history of Australian sport and the enduring respect of the nation.

The format of the event seeks to identify 'the best of the best' in a searching test which demands a blend of speed, stamina, versatility, courage, endurance, fitness and all-round ability. By running all events from handicaps based on age and gender, it becomes a true and fair test for all runners, regardless of age or sex.

The Age-Graded Percentage Table, on which the handicaps are based, can be compared to horse racing's 'weight-for-age' scale, which employs the same principles.

The event is designed to cater for both sprinters and stayers, with each athlete contesting two heats, over 200 metres and 1000 metres, with their finishing positions earning them points which determine those who go on to contest the final and the consolation final, run over 400 metres. To win The Landy Trophy an athlete has not only to demonstrate speed in the 200 and staying ability in the 1000, but the resilience to back up for the 400 metres final, all within the space of less than two hours.

The event's standard is demonstrated by the fact that three of its winners, Jan Morrey (W60), Mike Johnston (M80) and Keith Howden (M55), have won World Championships, while dual winner Ross Kent (M55) has won multiple Australian Championships. Nevertheless, there are plenty of athletes who contest the event simply for the honour and glory of having been a part of it, or with the ambition of perhaps winning a heat.

The draw is structured so that no athlete meets another competitor twice during the heats, with the top contenders seeded so as to make the heats as uniform as possible. And the high standard is maintained not only on the track but off it, with the trophies having been presented so far by Olympians John Landy, Peter Norman, Gary Honey, Ray Weinberg and David Culbert and the guest list also having included four other Olympians, champion distance runners Ron Clarke and Les Perry, Australian womens' 800 metres record holder Charlene Rendina, and hurdler Ken Doubleday.

In addition to that imposing list, two of Melbourne's best known radio sports commentators, Steve Moran and Adam Crettenden, are trackside host and race broadcaster respectively. Last year's Landy final was undoubtedly the most thrilling to date, with the lead changing four times in the straight before Keith Howden scored narrowly from Ross Kent and Richard Trembath. Similarly the finish of The Doncaster Dash had to be sorted out by the electronic timing equipment, generously provided by the Doncaster Little Athletics Centre, the decision eventually going to promising young sprinter Con Koutsantony.

The Manningham Mile was more clear-cut, with victory to 16-year-old rising star Matthew Coloe, who has since represented Australia at the World Junior Cross Country Championships in France.

The field for The Landy Trophy 2005 is limited to 64 and entries, at \$10, close on January 29. It is open to members of all organisations affiliated with Australian Masters' Athletics.

John Landy has expressed his keenness to again present the trophies, so the stage is set once more for one of the highlights of the Victorian Masters Athletics year.

ENTRY FORM THE LANDY TROPHY

- **Sponsored by: JNJ Electrics**
- **Australian National Credit Union**
- **Ebony Rose Risk Management**
- **City of Manningham**
- **Qualitops**
- **Silverglo Australia**

Rieschiecks Reserve (Melway:33, J10)

DONCASTER, February 14, 2005

(All entrants for THE LANDY TROPHY contest 200m AND 1000m heats. 'A' & 'B' finals)

Name (PRINT): _____ **Age (on Feb. 14)** _____

T-Shirt size: SMALL – MEDIUM – LARGE*

* Delete whichever is not applicable

I understand and acknowledge that, for THE LANDY TROPHY:

- The number of contestants will be limited to 64, plus 8 emergencies.
- Sixteen runners selected by the organisers will be seeded, with the remainder of the draw being done by random ballot.
- Entries, on a 'first in' basis, *must* be accompanied by the **entry fee of \$10.**
- **ENTRIES CLOSE** with the last mail delivery on **Monday, January 31, 2005.** On no account will late entries be accepted FOR ANY EVENT.
- Entries for ALL EVENTS may be posted to **Richard Trembath, PO Box 294, Greensborough, 3088,** to arrive by **January 31** or may be lodged with **any VMA venue manager** no later than **Friday, January 28, 2005.**
- All runners *must* run in T-shirt/singlet tops supplied by the organisers.
- Please enclose career history/highlights (see reverse side).

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE LANDY TROPHY meeting at the Doncaster venue of the Victorian Masters' Athletic Club Inc. on February 14, 2005. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster').
(Fees for eliminated entrants will be refunded.)

SIGNED: _____ Phone: _____

Address: _____

OFFICE USE ONLY:

NUMBER

COLOUR

200 HEAT

1000 HEAT

THE LANDY TROPHY
to be run in conjunction with

THE MANNINGHAM MILE and THE DONCASTER DASH
Rieschiecks Reserve, Doncaster, February 14, 2005

(Open to members of all clubs affiliated with Australian Masters' Athletics)

HANDICAPS

(Calculated according to the Age-Graded Percentage scale)

AGE	200 Run		1000 Run		400 Run	
	M	W	M	W	M	W
30		12		70		27
35	Scratch	19	Scratch	106	Scratch	41
40	7	26	35	142	13	55
45	14	33	70	178	26	68
50	21	40	106	216	40	82
55	27	46	144	254	54	97
60	33	53	183	295	69	112
65	40	60	225	337	85	128
70	48	69	271	383	102	146
75	57	77	321	433	121	165
80	66	87	376	487	142	186

CAREER HIGHLIGHTS (for inclusion in program form guide)

Please include athletics history, titles, records, PBs, performances of note and representation etc. at school, club, State and international levels:

NAME: _____

HISTORY: _____

TITLES: _____

RECORDS, PBs: _____

REPRESENTATION: _____

Victorain Masters Athletics Inc.
Proposed Medal Program for 2005

Event	Date 2005	Venue	Melway	Time
Pentathlon	Sunday, 27 February	Duncan McKinnon, Murrumbeena	68K9	12:30pm
Track & Field, Day1	Saturday, 5 March	Duncan McKinnon, Murrumbeena	68K9	12noon
Track & Field, Day2	Sunday, 6 March	Duncan McKinnon, Murrumbeena	68K9	12noon
Weight Pentathlon	Sunday, 13 March	Duncan McKinnon, Murrumbeena	68K9	10am
Australian Masters T & F	Easter 25-28 March	Queen Elizabeth II Stadium, Brisbane		
10Km Track	Sunday, 22 May	Abelfeldie		
Road Walks, 10km Men 30-69, 5Km Women & M70+	T.B.A. June	Albert Park	2KF10	2:15pm
Cross Country	Sunday, 19 June	Yarra Bend Park, Fairfield	30G12	10am

When we finalised this program, we did not clash with any of the AV events

Attention Sprinters
Relay Night at Caulfield Venue
Tuesday 22nd February, 2005

4 x 100 - 4 x 400 ONLY

Your chance to have a go at the State, National or World records.

The relays will be in 5-year age range
M 30-35-40-45-etc.
F 30-35-40-45-etc.

I have the records for all age groups for those interested people.

Please contact me with name, d.o.b
AGE WILL BE TAKEN FROM THE 22ND FEBRUARY 2005

If enough interest is shown it could become an annual event at night approximately 2 weeks before our State titles

RSVP by 31st January 2005
David Sheehan
33 Hughes Street
Upwey 3158
9754 4405

2006 Commonwealth Games

RUNNERS aiming at middle distance events at the 2006 Commonwealth Games are likely to be invited to have their final lead-up runs at a Doncaster athletics meeting. Manningham City Council officers have recently conducted negotiations with Doncaster Masters' Athletics officials with a view to attracting some of the athletes who will be competing at the Games.

They would be invited to contest a new-look version of The Manningham Mile, the main support event at The Landy Trophy meeting.

Council officers hope to attract Government funding to considerably expand The Landy Trophy meeting and make it a viable 'warm-up' target for visiting runners from Commonwealth countries all over the world. Many of those involved are expected to complete their preparations by training in Melbourne during the months leading up to the Games.

As well as a considerable upgrade of the fixture in general and The Manningham Mile in particular, the plan would involve a change of date for The Landy Trophy meeting, which is Victorian Masters' Athletics' most prestigious event of the year.

The Landy Trophy meeting is traditionally run in mid-February but Council and VMA officials believe if it was rescheduled to be run the week before the start of Commonwealth Games track and field competition, some athletes would take the opportunity to use The Manningham Mile as a warm-up for their events. This would require a minor change to the conditions for the event, but according to the meeting co-ordinator, Richard Trembath, that should not be a problem.

"Currently The Manningham Mile is open to any athlete affiliated with Athletics Victoria," he said, "but there is no reason why for 2006 it could not be made for any registered athlete, which would include those from other Commonwealth countries. "Instead of it being run in mid-February, it could be rescheduled by two or three weeks to fit in with the Games in March," he added.

"To accomplish what Council has suggested would virtually make The Manningham Mile a new event at a whole new level and would make the meeting a worthy focal point for the celebration of sport in the lead-up to the Games," Trembath said. "We would never have dreamed of being able to do something like this."

Manningham City Council Sports Liaison Officer Zac Anver is also enthusiastic about the idea. "To have some of the top athletes in the Commonwealth on show at our track in Doncaster would be a wonderful attraction. It would be great for all sports lovers in Manningham and especially the kids," he said.

The Landy Trophy was first conducted in 2000 as a heats and final event restricted to members of Victorian Masters Athletics. This year, however, it was expanded to include The Manningham Mile, for open class athletes, and The Doncaster Dash, for members of Doncaster Little Athletics.

All events at the meeting are run from handicaps based on age and gender, thus allowing runners of varying age and sex to compete against each other on 'level terms'. "Even if The Manningham Mile drew support from international athletes, it would retain its current format with females and runners in the Under 18 and Under 16 categories starting from the appropriate handicap marks and the open-age males from scratch," Trembath said. "We have some top class juniors about and it would be the highlight of their careers to this stage if they were able to compete from age-graded handicap marks against some of the best athletes in the Commonwealth," he added.

The Manningham Mile was introduced to further honour John Landy, after whom The Landy Trophy is named. "We thought it was appropriate because Landy was one of the icons of Australian athletics and the mile was his specialist distance," Trembath explained.

John Landy, now Governor of Victoria, was only the second runner to break the four-minute barrier when he ran a world record 3:57.9 in Finland on June 21, 1954. He is a staunch supporter of The Landy Trophy meeting and has given an undertaking to present the trophies on every occasion he is available.

Trembath said members of the Doncaster venue were very excited at the prospect of being able to put on an appropriately high-class meeting as part of the build-up to the Commonwealth Games. "It would mean doing things at a much higher level than we'd ever envisaged, but if Council wants to expand the meeting and use it to showcase sport in Manningham as part of the Games celebrations, we'll certainly do everything we can to help," he added. "I imagine any athlete with any sense of tradition would be honoured to compete in a mile race in front of John Landy and have him present them with their trophy," he concluded.

World Masters Championships San Sebastian 22 Aug—3 September 2005 Australian Masters Athletics Accommodation Options Rooms held for check in from 20 Aug 05 to 4 September 05 Minimum Stay 6 consecutive nights

Budget

La Salle Residence - Paseo Maddalen Jauregiberri, 2—2014 Donostia—San Sebastian

Loilola District

Location— approx 1km from stadium

Single Rooms only—Bed and Breakfast, Share Bathroom

Eur26/AUD44 p/night

Residencia Pake Leku—Ergoyen, 6—Urnieta

Location— approx. 8km's from Anoeta Stadium

Double/Twin Rooms only—Bed and Breakfast, Private Bathroom

Eur48/AUD86 p/room p/night

Tourist Class

Hotel Gudamendi—Paseo Gudamendi—Monte Igueldo

San Sebastian

Location— approx . 7km's from stadium

Single Rooms—Bed and Breakfast, Private Bathroom

Eur134/AUD237 p/night

Double/Twin Rooms—Bed and Breakfast, Private Bathroom

Eur160/AUD283 p/room p/night

First Class

Hotel Palacio de Aiete—Goika Galtzara Berri, 27—San Sebastian

Location— approx. 3km's from Anoeta Stadium

Single Rooms—Bed and Breakfast, Private Bathroom

Eur100/AUD177 p/night

Double/Twin Rooms—Bed and Breakfast, Private Bathroom

Eur136/AUD240 p/room p/night

Booking Conditions/Notes

- ⇒ Land only booking fee \$33 per reservation
- ⇒ Australian Dollar amounts will vary in the event of currency fluctuation
- ⇒ Price includes accommodation and meals as indicated, local taxes, transport to the sports facilities, & participants card.
- ⇒ Limited Availability
- ⇒ 30% Non-refundable deposit payable within 7 days of confirmation
- ⇒ Balance in full payable by 13 April 05
- ⇒ If cancelled after the 1st of July 2005 no refund will be made
- ⇒ Amendment fees will apply
- ⇒ Foreign Currency draft fees may apply
- ⇒ We have been unable to secure accommodation with kitchen facilities.

Jalpak International Oceania Pty Ltd

ABN 20002675274

3rd Floor, Sun Alliance Building, 45 Grenfell St, Adelaide SA 5000 Australia

Phone: (08) 8231 5399 Fax: (08) 8231 8391

adlkss@jalpak.com.au

Toll free: 1800 150 122

World Masters Championships San Sebastian**22 Aug—3 September 2005****Australian Masters Athletics****Optional Arrangements Pre or Post Championships**

Following are suggestions for post championship travel.
All competitors and companions will receive a 5% discount.

We have suggested 2 tours below which start only a few days after the championship ends. Both tour companies have a highly regarded reputation for offering quality coach tours and have been operating for many years. Should we receive enough interest in these tours we will be able to offer a group discount. Obviously this will be subject to numbers. (The prices below are without group discount.)

INSIGHT TOUR: ROAD TO ROME Priced from \$3039.00 twin share

Starts Paris or London: 06SEP05 Ends Rome: 17Sep04

This well paced, first class 12-day tour of France, Switzerland, Austria and Italy has a two-night stay in Paris, Lucerne, Venice, Montecatini (Tuscany) and Rome. The other night is spent in Salzburg.

GLOBUS TOUR: CONTINENTAL INTRODUCTION Priced from \$3420.00 twin share

Starts Paris 05 SEP05 Ends London 18Sep05

This is a fast paced 14-day tour with 1-night stays in Milan, Florence, Mestre (outside Venice), Inns-bruck and Rhineland and 2 night stays in Paris, Lucerne, Rome, and Amsterdam. The tour also includes the Eurostar from Brussels to London. Please note that the tour ends on arrival in London. (ie no accommodation in London is included)

RAIL TRAVEL:

There are many different rail passes allowing you the flexibility to travel around Europe at your own pace. They are easy to use and let you sit back, relax and enjoy the ever-changing countryside as you pass through it. A Eurail pass covers 18 countries and can be bought as a consecutive day pass or a flexi pass. For those wanting to cover a smaller area there is a select pass, which allows travel within nominated 3, 4 or 5 adjoining countries covered by the Eurail Network or a regional single country pass.

CAR HIRE OR LEASING:

Car hire offers total freedom and flexibility. You have total control of your itinerary. Stay where you like for as long as you like. For those wanting a longer hire of 17 days or more and can pick-up and drop-off from nominated depots, car leasing is an economical alternative.

TRAVEL INSURANCE:

Comprehensive Travel Insurance is available from our office, we will be offering a 25% discount off of brochure prices

PLEASE INDICATE YOUR INTERESTS:

NAME:

ADDRESS:

PHONE NUMBER:

* Vehicle size: Small Medium Large Auto/Manual

* Commence from.....on..... Return

to.....on.....

* Rail Pass...Countries to travel in and duration

Jalpak International Oceania Pty Ltd

ABN 20002675274

3rd Floor, Sun Alliance Building, 45 Grenfell St, Adelaide SA 5000 Australia

Phone: (08) 8231 5399 Toll free: 1800 150 122

Email: adlkss@jalpak.com.au Fax: (08) 8231 8391

**World Masters Championships San Sebastian
22 Aug—3 September 2005
Australian Masters Athletics
Terms and Conditions**

Group Airfare

- ⇒ Departure date as per airfare information
- ⇒ Latest return date - Malaysia Airlines and Thai Airways—19 Feb 06
- ⇒ Return date— Air France set return from San Sebastian 04 Sep 05
- ⇒ Return date—Iberia Airlines set return from San Sebastian 05 Sep 05
- ⇒ For each airfare a minimum of 20 people is required. Should numbers fall below this level the group pricing will be reviewed.
- ⇒ Frequent Flyer points will not be accrued on the group airfare options
- ⇒ A non-refundable deposit of \$225 p/person is required within 7 days of reservation.
- ⇒ Amendment fees—Malaysia Airlines and Thai Airways—\$110.00 p/person
- ⇒ Amendment fees—Air France and Iberia Airways—\$110.00 p/person prior to payment in full, no changes allowed after payment has been received in full.
- ⇒ Cancellation fees—\$880 p/person within 90 days of departure
- ⇒ Final payment due 90 days prior to departure—19 May 05
- ⇒ Taxes and charges will be subject to change due to the introduction of new charges, routing, and currency fluctuation.
- ⇒ Cities shown on the airfares may change due to airline operational reasons.

General Booking Conditions

- ⇒ For Round the World airfares a non-refundable deposit of \$110.00 p/person will be required within 7 days of reservation.
- ⇒ For Tours, Rail and Coach Tours a non-refundable deposit of \$110.00 p/person will be required within 7 days of reservation, this is in addition to deposits required by the whole-salers and coach tour companies
- ⇒ Jalpak Travel amendment fees will be \$55.00 p/person in addition to amendment fees charged by airlines, wholesalers and coach tour companies.
- ⇒ Travel insurance is strongly recommended
- ⇒ For the latest travel advice and general information visit the Department of Foreign Affairs website www.dfat.gov.au/travel
- ⇒ Passports are required and should be valid for at least 6 months from the date of return to Australia.
- ⇒ A visa maybe required for some destinations, please check with us at the time of reservation.
- ⇒ Payment can be made by cash, cheque, money order or direct to the Jalpak Travel bank account. Payment by credit card will be subject to the following surcharges-
 - Visa / Mastercard 1%
 - American Express / Diners Card 2.25%

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Phone: (08) 8231 5399 Toll free: 1800 150 122

Email: adlkss@jalpak.com.au Fax: (08) 8231 8391**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.

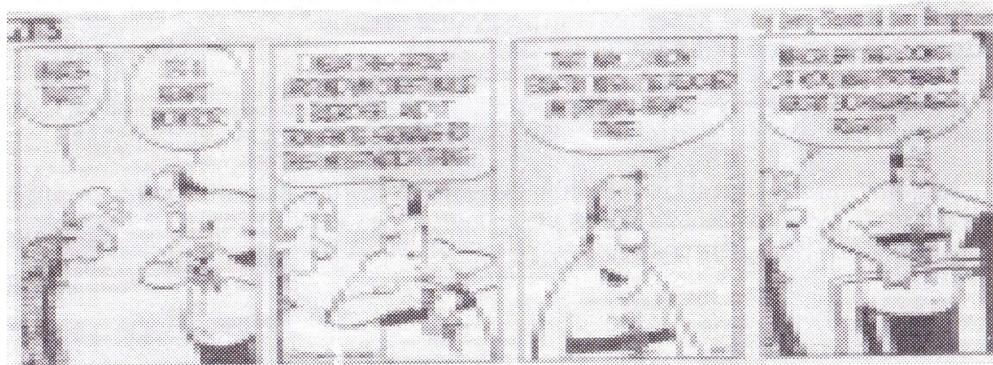
DINNER DANCE 2004

We would like to thank David Sheehan and the other organisers of the Victorian Masters Athletic Dinner Dance held on Friday, 19th November for all their hard work. It is one of the few occasions that we have to catch up with friends and acquaintances from the various venues.

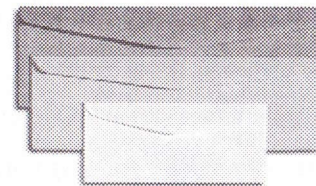
All the features of the night were excellent; a three-course meal, together with good music, lots of dancing and plenty of conversation. We do not know how many injuries occurred on the dance floor but no doubt these will be used as excuses for poor performances on the track.

We look forward to the next dinner dance.

Sandra & Des Middleton



Your Letters



NEWS FROM AROUND AUSTRALIA

As part of the communications strategy in the AMA Strategic Plan, a regular update on current issues will be provided for club newsletters.

12th Oceania Masters Athletics Championships - Rarotonga, October 2004

For the 130 or so Australians who traveled to the Oceania Championships at Avarua on Rarotonga, strong competition was provided by a large team of New Zealand athletes and the smaller teams from the Cook Islands, Norfolk Island, Tahiti, USA, Argentina and South Africa. Our team came home with excellent results, a number of Oceania records were broken and the medal tally was high. Well done, David Lobb and committee for organizing a great event, culminating in a traditional island feast (Umukai) with dancers in their colorful costumes entertaining the athletes.

During the championships the athletic community was saddened with the loss of Trevor Bish from Victoria who was caught in rough water and swept out to sea while kayaking in the Arogangi lagoon. Our condolences go to Trevor's partner and leading race walker Annette Major and her son Jake.

The Oceania Council met during the championships to discuss issues relating to development of athletics in the South Pacific region and to ensure planning is well in hand for future Oceania championships. The 13th Oceania Masters Athletic Championships will be held in Christchurch, New Zealand from 14-21 January 2006. Townsville has been appointed as the venue for the 2008 championships.

IAAF Masters Award

In 2004 IAAF introduced a Masters Male and Masters Female Award at their Gala in Monaco with world record sprinter Jeanette Flynn W50

from Australia being this year's female winner. Congratulations on this achievement Jeanette.

Racewalking records

Congratulations also go to Liz Feldman of Victoria who recently completed a 50k road walk in 5.45:08, taking 11 minutes off the World W55+ record. Her 30k split of 3.23:31 is also a world and Australian masters record. An outstanding feat.

Athletics Australia Review

The outcomes of the AA review have caused some concern regarding recommendations to disband the Australian Athletics Federation and incorporate the members into AA administration. Following extensive discussions by the various stakeholders with AA over the past few weeks and at the AA and AAF Annual General Meetings I am pleased to advise that this will not happen. AAF members will continue to be responsible for their own organizations whilst maintaining the unity required for the successful operation and future development of all levels of athletics in Australia. The Federation is currently looking at reorganizing its operational structure, which may also include a change of name to increase its relevance to stakeholders and the wider community. AMA member clubs will continue to be covered for public liability under the Athletics Australian insurance scheme with the option of personal accident cover for a fee of \$10.00 per club member which can be arranged through Running Australia at AA.

WMA Stadia Championships: San Sebastian 23 August-3 September 2005

Following on from the Oceania championships, the next major overseas event is not far away and our national championships in Brisbane next March will provide excellent preparation for those planning to go to San Sebastian.

Entry books for the WMA championships are now available from your club secretary or entries can be done on-line through the championship website www.wma-2005.com. Validation of your entry must be done through the AMA Entry Clerk with an administration fee of \$30 payable. Validation details will be available in club newsletters and the AMA Handbook. Travel packages will be available soon from Jalpak, the official AMA travel agent. Register your interest by contacting Jalpak on 1800 150 122 or email: adlkss@jalpak.com.au.

Conclusion

Finally, for our athletes who are not able to travel to national or international competition, keep enjoying the local competition and keep up the good work administering our clubs.

Lynne Schickert
President, AMA

From The WMA President - Torsten Carlus

First of all I want to congratulate Oceania for outstanding Oceania Masters Championships in Rarotonga, COK, in October. Our WMA Delegate Monty Hacker has circulated a report in which he says that approximately 250 athletes entered with performances on a very high level, which also included a number of new world records. I am impressed and do sincerely again regret that I could not attend these Championships as planned.

2004 is a year with Regional Championships in all our six Regions and most have been very successful with Europe as usual as the biggest with more than 3.700 athletes. Africa had some bad luck with its Championships in Cameroon that led to low attendance and some special measures must no doubt be taken in Africa to raise its Championships to the same level as in the other five Regions. Money to cover travelling and accommodation is one very great problem. The Regional Association is fully aware and perhaps one way could be to divide Africa into three zones, i.e. southern Africa, middle Africa and Africa north of Sahara, and try to organize Championships in each of these zones in order to reduce costs for the athletes. The future for Africa must be a very important issue the next years.

Bidders for 2008 World Indoors

The last days for bids to host the 2008 WMA World Masters Athletics Championships Indoors was September 1, 2004, and by end of the day three bidders had given interest to organize these Indoor Championships, i.e.:

Budapest, HUN
Glasgow, GBR
Lievin, FRA

All three cities have wonderful indoor arenas and have experience from previous big meetings. WMA has now planned its inspection visits to the last week of January the next year and after grading of the bidders, they will be invited to present their

bids to the Council the days before the Championships in San Sebastian. The two best-graded bidders will then be presented at the General Assembly, which will finally decide.

Bidders for 2009 World Stadia

September 1, 2004, was the last day also for bids to host the 2009 WMA World Masters Athletics Championships Stadia and by end of the day two bidders had given interest to organize these Championships, i.e.:

Lahti, FIN
Århus (with Randers and Silkeborg), DEN

Also these bidders are very well experienced and will offer wonderful Championships. The procedure is the same as for the Indoor Championships and as there are only two bidders they will both present their bids at the General Assembly in San Sebastian which will decide who will host the 2009 World Masters Championships Stadia.

IAAF Gala in Monaco

The IAAF Gala in Monaco this year was held on September 19 in connection with the GP final. To us masters it was a great moment as IAAF for the first time also invited the best male and the best female master - in this case our best in 2004. Based upon performances during the year Guido Müller, GER, was chosen as the best male master in 2004 (5 times World Indoor Champion in Sindelfingen, 7 times European Champion in Århus and 7 world records) and Jeanette Flynn, AUS, as the best female master in 2004 (world records over 800 meters and one mile).

This IAAF appreciation of our masters' performances will hopefully become a tradition so that our best masters will participate at the future IAAF Galas and be honoured for their performances. 2004 was a very good start of this new tradition.

Proposals to the General Assembly in San Sebastian

Proposals to the General Assembly in San Sebastian the next year must be in the hands of the WMA Secretary no later than 90 days before the General Assembly, i.e. no later than May 31, 2005. Information will be circulated well in time before the last day.

The Council will present a number of proposals of which perhaps the removal of our World

Championships Non-Stadia is the most important. Our Non-Stadia Committee will soon present its idea how the present Non-Stadia events can be split on the Stadia and the Indoor Championships. Another Council proposal will probably be to add Mountain Running as an official WMA World Championships event. Discussions have started with WMRA (World Mountain Running Association) to see how a cooperation could be built up.

100K World Championships 2005

I would finally like to promote our 100K World Championships. We had the first in Tainan, TPE, last year and the next will be in Lake Saroma, JPN, on June 26 the next year. These Championships are technically organised by IAU (International Association of Ultrarunners) and I am sure the Championships in Lake Saroma will be on an equally high level as the one in Tainan. We have so far not seen any invitation brochure/booklet but will as soon as we have something post it and hopefully a website address on our WMA website but those interested in real long-running please reserve June 26, 2005, for a visit to Japan.

Finally I take the opportunity to wish you all a very Merry Christmas and a very Happy and Successful New Athletics Year 2005 !

Torsten Carlus
WMA President

Leg Springs Revisited

You may recall the article in an earlier edition of this newsletter about the sprint hurdle events at a Brisbane high school meet, and the changes in leg power that athletes experience as they age. Central to that article was the premise that the specifications for the high school athletes were appropriate in most cases, in that they provided a significant but achievable challenge for the majority of hurdlers. The article also pointed out that the Masters Sprint hurdle specifications, while being appropriate for some age/gender groups, were certainly not appropriate in all groups.

We have just experienced another Masters event, the Pan Pacific games, which provided more

evidence in support of change to the Masters specifications. While it was great to see the athletes in action over the barriers regardless of their individual performance levels, the following features of the sprint hurdle events were most noticeable:

- A small minority of performers adhered to a three stride pattern throughout their respective race, most did not three stride at all
- In the men's event from age thirty through to forty-nine there were seven competitors in all; only one three-strided. This athlete was in his early thirties.
- In only one race did more than one athlete successfully three-stride. This was the women's 40-44 event, where the winner gave a fine display of hurdle technique, and second place getter, also technically very competent, just failed to hold the three stride pattern on the last hurdle
- There was only one competitor in the men's 45-49 event
- One woman over the age of fifty demonstrated that the three-stride pattern was well within her ability level.
- One woman in the 30-39 group showed that the specifications were a very significant challenge for her individually, and though not three striding the entire race, gave this observer to believe that she will do so in the future. No other lady in this group three-strided.

Now there were other aspects worthy of mention, but in terms of what the Pan Pac games said to us all about Masters Sprint hurdling, the above six were the ones that stood out to me. A few comments on some of these points will prove useful.

We might wonder why the women's 40-44 group seemed to do a little better than the rest of the field in achieving the model technique for sprint hurdling, namely adherence to the three stride pattern which is essential to good hurdling. As noted above the first two placegetters in this race were good hurdlers and the winner in particular, was anatomically very well suited to hurdling. The real lesson however comes when we look at the specifications for the race. With eight hurdles set eight metres apart and a quite

low barrier height of 76cm, this event provides athletes with a significant but achievable challenge.

Comparing and contrasting the women's 40-44 specifications with those of other age/gender groups is very illuminating. First consider that when a lady hits forty the difficulty of the sprint hurdles event is lessened in every aspect. The race is shorter, there are two less hurdles to clear, the hurdles are closer together, and the height is 8cm lower than the previous age group. This is in fact a very good thing because it gives hurdlers a realistic chance of performing the three-stride pattern. We know these specs are not ridiculously easy; if they were there would be many more three striders in this age group. When viewed in context of all the women's sprint hurdle specifications the 40-44 age group could be further improved by changing the race to a 90 metre event. The essentials of hurdle height and distance between hurdles would remain the same. This is one of the recommended changes that the AMA Hurdle sub-committee produced some two years ago.

Look now at the men's 45-49 age group. There is absolutely no change from the previous age group specifications for these athletes. In fact the men's specs are the same from age thirty right up to forty-nine. And when you consider that the open specs are so much more demanding for men than women, it is incredible to think that forty-nine year old men run a race that is identical to the open men save one aspect; the height is one notch down. **Incredible but true.** Little wonder there was only one athlete in this age group at the Pan Pacs.

I believe there is one positive and correct way to view this situation. Firstly, it must be noted that 40-44 year old women were not always so well catered for. At some point in history the cause of female Master's hurdling was championed by some knowledgeable and committed athletes. The result was a much-improved set of specifications for female hurdlers, and we owe the people responsible for that result a debt of gratitude. Indeed there have also been improvements for the men. However there are further improvements to be made and it does seem that the 45-49 men in particular have been forgotten.

One can imagine ladies in their mid to late thirties looking forward to the challenge of the hurdle specs on their 40th birthday. Not so for the men; most of them face another decade before entertaining the

prospect of three striding. And by then of course all interest in hurdling may be long gone.

In summary then, because the ladies sprint hurdle specs are eased considerably at the age of forty, the flow on effect means the ladies are fairly well catered for. However further improvements are possible. The men's sprint hurdle specs are not sufficiently eased at any point during the forties. This situation has been addressed by the AMA Hurdles sub-committee and resulted in production of the Recommended Hurdle Specifications. Though this article has highlighted the sprint hurdles via the Pan Pac games, the Recommended Specifications cover both long and sprint hurdles. The specifications are available on the QMA website and have been previously published in various Masters athletics newsletters.

If you have an opinion on the Recommended Hurdle Specifications please email me at petermarshall@powerup.com.au. Alternatively, write to me at 19 Shepherdson Street Capalaba Q 4157. All responses will be collated for submission to the AMA.

Best wishes to all athletes

Peter Marshall

Hi Editors

I have just read the second article written by Peter Marshall on hurdling. This is a good article and Peter's observations at Pan Pacific were spot on. I would like to add that the hurdling entries at this competition were much better than we usually get at our Nationals and thus provided Peter with excellent numbers to observe. Well done Peter, and please keep these informative articles coming. We really do need to have hurdle specifications that are challenging BUT allow more aging athletes to maintain a three-stride pattern. The hurdle specifications that were recommended by the sub committee in last year's handbook would certainly provide this.

For those non-hurdlers reading this article, let me give you this perspective. I am 55 years and in my long hurdles event I still have to go over the same hurdle height as Jana Pitman who is 40% of my age, takes two strides to cover what I do in three and I won't even bother mentioning her speed advantage or the hours she has available to put into training. Yes, we need the new hurdle specifications.

Wilma Perkins

AMA Technical Director

Runaway Bay

Dear Sir,

I have just returned from competing in the Pan Pacific Masters Games in Southport, Qld. Competing in events such as these is expensive though the recent drop in air fares assists.

When looking for reasonable accommodation I stumbled across an Internet site which featured information about "The Lodges" at a Sports Super Centre at Runaway Bay...not far north of Southport.

I stayed there for two nights at \$ 36-00 per night.

This is what the place offered for that price:- Twin bunks, en suite facilities, hanging space etc. Cooking and eating area downstairs. Cooked breakfast supplied for \$ 7-50, free access to indoor and outdoor swimming pools, spa, sauna, aerobics classes, gym and a mondo surface full size athletic track. I tried everything every day I was there. I've never stayed at a place with so much value and as I'd never heard of it thought I'd let fellow athletes know in case they are ever going to the Gold Coast. Their phone No is 07 5500 9988. By the way, fellow Victorians who competed in "the Pan Pacs" did very well despite the weather.

Keith Howden (Collingwood Venue).

The Barb Dalglish Neighbours Relay

As a Masters Sprinter I realize that I am in the minority as most Masters athletes run 2K plus.

Thus special events which come up for sprinters are rather 'special'.

The event Coburg Venue ran last Thursday night (28th October) was certainly in the 'special' category.

Venue Managers George Goode and Neville Wilson ran a Neighbours Relay night and over 100 were in attendance. Can you believe that on the same night as the Doug Orr Memorial being run at East Burwood there was a separate event attracting so many (and ...to be honest it was a very cold night to boot)!

First there was a 100-metre race - there were so many entrants there had to be lots of heats. I don't have the results but there were some mighty fine performances.

Then there was a 1500-metre run with lots of competitors - I think Danny Hawkesworth (or something like that) from Aberfeldie venue won a closely contested race.

But the main event was the Barb Dalglish Neighbours relay - in memory of a fine runner at the Coburg venue who succumbed to Cancer within the past year. It was a 4 x 200 event and, would you believe it ... 19 teams were entered. That's 76 runners in the teams and there seemed to be spectators, coaches, team managers and prediction gurus everywhere as well! The rules were that you had to have Masters Competitors totaling at least 180 years with at least one female in each team. Teams came from five Masters Venues: - Altona, Aberfeldie, Collingwood, Doncaster and, of course, Coburg. The Dalglish family even entered a team of their own!

As you may appreciate it is not easy to fit 19 teams on an eight-lane track so they had to have 3 heats.

They declared that the fastest time recorded would win the trophy...I guess it would have been a very late night if there was a final. Well, the A team from Collingwood won the fastest race (with several lead changes during the event) from the A team from Doncaster. Very exciting for competitors and spectators alike! Probably though, for most, the result wasn't as important as the enjoyment of the evening which included a magnificent Supper at the end.

If you'd like to check the facts on this night you could contact either of the Venue

Managers... I think they both deserve a pat on the back for organising everything so well...and they probably would be too humble to tell this story to you so this is why I've typed something up.

Hope you enjoy doing the Magazine...I enjoy reading it (and looking at pics .. they're always good when you can get them !)

Keith Howden

(P.S. OK I admit it - I'm from Collingwood and I was fairly pleased our team won the inaugural Barb Dalgleish Neighbours trophy !)



Members of the Collingwood Team

NEW VICTORIAN, AUSTRALIAN & PENDING WORLD RECORDS

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
M85	Marathon	Robert Horman	Qld	4:34:55	79.2%	4-7-04	Gold Coast
W95	Hammer	Ruth Frith	Qld	11.28m	83.3%	4-9-04	SAF, Qld
W95	Discus	Ruth Frith	Qld	9.55m	71.8%	4-9-04	SAF, Qld
W95	Shot Put	Ruth Frith	Qld	4.20m	117.0%	4-9-04	SAF, Qld
W95	Javelin	Ruth Frith	Qld	8.13m	64.9%	18-9-04	SAF, Qld
W60	10k Road Walk	Brenda Riley	Vic	55:12	99.0%	19-9-04	Middle Park, Vic
W95	Hammer	Ruth Frith	Qld	11.37m	84.0%	25-9-04	SAF, Qld
W95	Shot Put	Ruth Frith	Qld	4.47m	124.5%	25-9-04	SAF, Qld
W45	One Hour Run	Jenny Dowie	Vic	14,827m	-	27-9-04	Doncaster, Vic
W95	Discus	Ruth Frith	Qld	9.85m	74.1%	2-10-04	SAF, Qld
W95	Shot Put	Ruth Frith	Qld	4.72m	131.5%	21-10-04	Raratonga
W55	50k Road Walk	Liz Feldman	Vic	5:45:08	93.9%	24-10-04	Middle Park, Vic
Australian Records:							
M85	Half Marathon	Robert Horman	Qld	2:05:11	82.8%	6-6-04	Doomben, Qld
M30	110m Hurdles	Matt McEwan	Qld	14.89s	86.8%	26-6-04	SAF, Qld
W65	Hammer	Helen Searle	Qld	39.50m	104.5%	12-7-04	Darwin
W65	Shot Put	Helen Searle	Qld	11.11m	95.1%	12-7-04	Darwin
M70	50k Walk	Bob Chapman	ACT	6:07:53	81.4%	11-9-04	Sydney
W75	Half Marathon	Corrie De Groot	Vic	2:11:15	77.5%	12-9-04	Burnley, Vic
W55	Pole Vault	Wilma Perkins	Qld	2.20m	72.6%	13-9-04	SAF, Qld
M35	Discus	Peter Lonsdale	Qld	50.03m	70.3%	18-9-04	SAF, Qld
W55	Pole Vault	Wilma Perkins	Qld	2.25m	74.3%	18-9-04	SAF, Qld
M45	*Weight Throw	Robert Wagner	Qld	16.03m	81.6%	18-9-04	SAF, Qld
W95	*Weight Throw	Ruth Frith	Qld	5.09m	74.0%	18-9-04	SAF, Qld
W65	*Weight Throw	Helen Searle	Qld	15.21m	104.2%	18-9-04	SAF, Qld
W55	10k Road Walk	Heather Carr	Vic	57:20	87.0%	19-9-04	Middle Park, Vic
W55	Pole Vault	Wilma Perkins	Qld	2.35m	77.6%	25-9-04	SAF, Qld
W65	Hammer	Helen Searle	Qld	40.55m	107.3%	25-9-04	SAF, Qld
M80	One Hour Run	Ken Matchett	Vic	9,873m	-	27-9-04	Doncaster, Vic
W80	One Hour Run	Margaret Prowse	Vic	5,840m	-	27-9-04	Doncaster, Vic
W65	*Weight Throw	Helen Searle	Qld	15.91m	109.0%	2-10-04	SAF, Qld
W55	Pole Vault	Wilma Perkins	Qld	2.36m	77.9%	9-10-04	SAF, Qld
W65	Shot Put	Helen Searle	Qld	11.58m	99.1%	21-10-04	Raratonga
W65	*Weight Throw	Helen Searle	Qld	16.44m	112.7%	21-10-04	Raratonga
M55	50k Road Walk	Andrew Jamieson	Vic	4:46:44	91.4%	24-10-04	Middle Park, Vic
M45	*Weight Throw	Robert Wagner	Qld	16.11m	81.9%	30-10-04	SAF, Qld
M75	1500m Walk	Richard Lynch	Qld	9:18.56	81.5%	6-11-04	Gold Coast, Qld
M50	Pole Vault	Bruce Arnold	Qld	3.67m	78.9%	8-11-04	Gold Coast, Qld
M75	Javelin	Colin Murraylee	Qld	36.25m	81.2%	8-11-04	Gold Coast, Qld
M75	Weight Pent	Colin Murraylee	Qld	4,603 pts	72.5%	8-11-04	Gold Coast, Qld
M40	Weight Pent	Stuart Gyngell	NSW	3,586 pts	58.9%	8-11-04	Gold Coast, Qld
M50	Decathlon	Terry Hicks	Vic	6,319 pts	68.2%	21-11-04	Bendigo, Vic
W55	Pole Vault	Wilma Perkins	Qld	2.41m	79.5%	27-11-04	SAF, Qld
Victorian Records:							
W50	10k Road Walk	Heather Carr		52:26	91.8%	26-5-01	Middle Park, Vic
M50	One Hour Run	Charles Chambers		16,420m	-	27-9-04	Doncaster, Vic
M65	One Hour Run	Ted Paulin		14,877m	-	27-9-04	Doncaster, Vic
W50	One Hour Run	Annette Pelgrim		12,877m	-	27-9-04	Doncaster, Vic
M40	110m Hurdles	Terry Baldwin		15.9s	85.2%	20-10-04	Murrumbidgee, Vic

* Please note WMA has still not issued official Weight Throw records.

Clyde Riddoch

VMA Records Officer GPO Box 1777, Melbourne Vic 3001

Telephone 03 9204 7085 (W), Mobile 0439 902 907, Fax 03 9204 7485 Email: clyde.riddoch@auspost.com.au



WORLD MASTERS BOOKING FORM

	SURNAME	GIVEN NAMES AS PER PASSPORT	TITLE	DOB
1				
2				
3				
4				

ADDRESS:		
	STATE:	POST CODE
HOME TEL:	WORK TEL:	
MOBILE:	EMAIL:	

AIRLINE CHOICE:		EX CITY:
FREQUENT FLYER NO:		
DIETRY REQUIREMENT	TYPE:	NAME:
	LACTO VEGETARIAN	
	VEGAN	
	LOW FAT OR LOW SALT	
RETURN FLIGHTS:	DATE:	DEPT CITY:
STOPOVER CITY:		
NUMBER NIGHTS:		
ADDITIONAL FLIGHT INFO:		

ACCOMMODATION CHOICE SAN SEBASTIAN:		
1 ST CHOICE	2 ND CHOICE	
NO ROOMS:	IN DATE:	OUT DATE:

POST GROUP COACH TOUR:			
INSIGHT	ROAD TO ROME	YES/NO	TWIN/SINGLE
GLOBUS	CONTINENTAL INTRODUCTION	YES/NO	TWIN/SINGLE
POST TOUR ACCOMMODATION:			

PLEASE SEND ME ADDITIONAL INFORMATION ON:

A copy of your passport must be sent with the form, as airlines now do not allow for name changes at all. We therefore must ensure the booking name is exactly as per the passport.

I have read, understood and accept the Terms and Conditions of Jalpak Travel and all nominated additional tour operators, car hire companies etc.

SIGNED: _____ DATE: _____ on behalf of all persons above

What's On

2005

January

19th

Lindsay Thomas Memorail 10km run (Also 5km run & 5km walk),
Braeside Park - Melway 88D7 - 7pm

February

2nd

Andy Salter Memorial Relay - Ross Reserve, Memorail Drive, Noble Park -
Melway 80 E12 - 7:15pm

14th

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

22nd

Relay night at Caulfield Venue, Duncan MacKinnon Reserve

27th

Pentathlon, Duncan MacKinnon Reserve, Murrumbeena, Melway 68K9 -

12:30pm

March

1st

Don Warden Memorial 400 m handicap, Collingwood, Melway 30F12- 7pm

5th-6th

VMA State Track & Field Championships, Duncan MacKinnon Reserve,
Murrumbeena, Melway 68K9 - 12 noon

13th

VMA Weight Pentathlon, Duncan MacKinnon Reserve, Murrumbeena,
Melway 68K9 - 10am

20th

Dennis O'Hehir Memorial Tap Run - 9km Eglemont Tennis Courts
Melway 31K10 - 7pm

25th-28th

AMA Track & Field Championships, Queen Elizabeth II Stadium, Brisbane

TBA

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

May

22nd

10km Track, Abelfeldie

June

TBA

Road Walks, 10km Men 30-69, 5km Women & M70+, Albert Park, Melway 2KF10

- 2:15pm

19th

Cross Country - Yarra Bend Park, Fairfield - Melway 30G12 - 10am

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

November

4th-12th

Pan Pacific Masters Games - Gold Coast

2007

July

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