

# Vic Masters

## News and Results

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# News and Results

Victorian Masters Athletics Inc.

March 2005

## Living for the buzz

*An article from Mordialloc-Chelsea Leader of 22 November 2004*

Marlene Gourlay went through the first 37 years of her life without any passion for sport or exercise.

But 16 years later, the Edithvale resident virtually lives for running and race walking, training up to five times a week, and competing against some of the best in the world.

"I'm a different person. I'm much more able to cope. It does help me cope with life in general," Gourlay said.

The 53-year-old recently returned from the Oceania Masters Athletic Championships in the tropical Cook Islands, along with three other athletes who train at the Mentone Athletic Club.

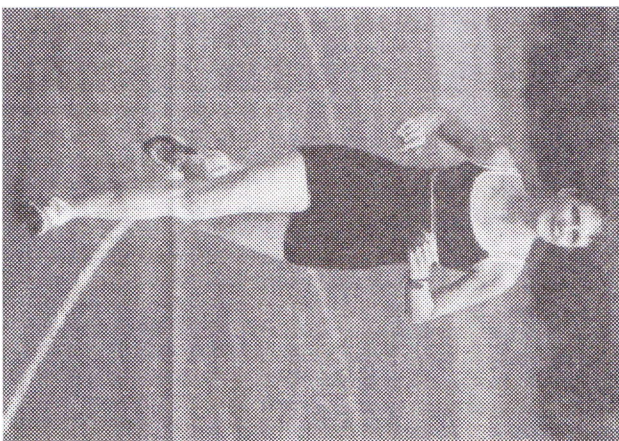
Gourlay posted the best result of the club, winning gold in the over-50 section of the 5km race walk and silver in the 10km race walk, the 8km cross-country and 5km run.

The relaxed athlete said she was surprised by the result, given she often went snorkelling in the day and enjoyed the island's night life.

"It does surprise me, because I never go out with any real expectations," she said.

The gold medal came in the last event of the Masters competition with Gourlay - who usually just goes out flat chat - having to use her wits to claim first place.

Gourlay does much of her training along the bay, running from Edithvale to Mordialloc pier and back during the week.





## Victorian Masters Athletics Inc.

Office: 2/16 Barkly Street, Ringwood, 3134

<b>President</b>	Rob Waters	9318-3802	5 Bellevue Court Maribyrnong 3032
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<b>Club Vice Captain</b>	Lavinia Petrie	9728 3929	12 Jeannette Marie Court Kilsyth 3137
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<b>Committee</b>	Graham Philpott	9568 0495	4/8 Hyslop Parade East Malvern 3145
<b>Committee</b>	Graeme Rose	9836 2350	71 Union Road Surrey Hills 3127 grarose@yahoo.com
<b>Committee</b>	Margaret Routley	9850 1939	4/1-3 Dean Close Lower Templestowe 3107
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	Graham Philpott	9568 0495	4/8 Hyslop Parade East Malvern 3145
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	Vicki Thompson	9773-1157	vthompson@pc.gov.au
<b>Thrower's Group</b>	Graeme Rose	9836-2350	grarose@yahoo.com
<b>Mailing Officer</b>	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
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



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 <a href="mailto:pjmcgrath@netspace.net.au">pjmcgrath@netspace.net.au</a>	9807 5656
Coburg	Geoge Goode	PO BOX 191 Pascoe Vale South 3044	9306 8503
Coburg	Neville Wilson	11 Prospect Road Rosanna 3084 <a href="mailto:nlw@melbpc.org.au">nlw@melbpc.org.au</a>	9459 7827
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East Burwood	Ashley Ryan	29 Alvena Crescent Heathmont 3135 <a href="mailto:ryan.ashley.p@edumail.vic.gov.au">ryan.ashley.p@edumail.vic.gov.au</a>	8802 1046 0418 534 373(M)
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Frankston	Peter Duggan	8 Myna Court Carrum Downs 3201 <a href="mailto:peterduggan@bigpond.com">peterduggan@bigpond.com</a>	9786 9169
Geelong	Mike McAvoy	20 Melva Court Whittington 3219	5248 4087
Knox	Ian U'Ren	19 Lachlan Road Boronia 3155 <a href="mailto:ureni@optusnet.com.au">ureni@optusnet.com.au</a>	9762 7801
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Southern Peninsula	Heather Carr	2 Arthur Street Dromana 3936 <a href="mailto:bill.carr@sandvik.com">bill.carr@sandvik.com</a>	5987 1235

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Throwers	Graeme Rose	71 Union Road Surrey Hills 3127 <a href="mailto:grarose@yahoo.com">grarose@yahoo.com</a>	9836 2350

### Reference Websites

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**Victorian Masters Athletics**  
**VMA "Around the Grounds"**  
**Athletics Victoria**  
**Victorian Athletic League (Pros)**  
**Victorian Race Walking Club**  
**Athletics Australia**  
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**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**  
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**Masters Athletics Monthly**  
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**EAA European Athletic Association**  
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**Melbourne University Athletics Club**  
**For Masters Athletes by Masters Athletes**  
**IAAF World Championships- Helsinki 2005**



**Victorian Masters Athletic Club Inc. (VMACI)  
Club Records as at 16 December 2004**

\* Australia Masters Record/Best

# World Masters Record/Best

***Italics indicates record set when not a VMA member***

Note: 2nd decimal place indicates electronic timing to 1/100 of a second, otherwise all hand timing.

MEN			WOMEN		
100 METRES	DATE	100 METRES	DATE	100 METRES	DATE
M30 *Marc Larose	11.0	20-Mar-93	W30 Lisa Ford	12.4	6-Dec-97
<i>Ashley Rowan</i>	<i>10.67</i>	<i>13-Jan-00</i>	<i>Suzanne Broadrick</i>	<i>11.57</i>	<i>18-Aug-00</i>
M35 *Peter O'Dwyer	11.04	8-Oct-02	W35 Debra Tomsett	12.3	19-Mar-94
M40 Garry Barker	11.2	18-Mar-84	<i>Suzanne Broadrick</i>	<i>11.89</i>	<i>10-Jan-04</i>
Martin Hodgson	11.2	28-Mar-98	W40 Debra Tomsett	12.4	28-Mar-98
Glenn White	11.2	8-Apr-00	W45 Barbara Blurton	12.9	25-Mar-95
M45 *Bob Wishart	11.2	18-Mar-89	W50 Anne Stobaus	13.7	25-Mar-95
M50 Gary Barker	11.6	25-Mar-95	W55 Anne Stobaus	14.1	28-Mar-98
M55 Gary Barker	11.8	20-Mar-99	W60 Jan Morrey	14.60	10-Apr-04
M60 Rudi Hochreiter	12.5	1-Dec-86	W65 Gwen Davidson	15.6	1-Mar-90
M65 Rudi Hochreiter	13.2	19-Mar-94	W70 Gwen Davidson	15.9	20-Mar-93
M70 Rudi Hochreiter	13.6	3-Nov-96	W75 *Gwen Davidson	18.00	1-Sep-99
M75 *Mike Johnson	14.3	15-Mar-97	W80 Nance Jeffreys	24.18	21-Oct-89
M80 *Mike Johnson	15.1	16-Mar-02			
M85 *Charlie Booth	16.98	1-Jul-89			
M90 Charlie Booth	23.03	7-Oct-95			
200 METRES		200 METRES			
M30 Terry Baldwin	22.4	24-Mar-96	W30 Lisa Ford	25.5	14-Dec-96
<i>Cameron Mackenzie</i>	<i>21.18</i>	<i>17-Feb-00</i>	<i>Denise Boyd</i>	<i>23.09</i>	<i>20-Mar-83</i>
M35 *Peter O'Dwyer	21.98	30-Nov-02	W35 Chris McArdle	25.55	3-Aug-89
M40 Bob Wishart	22.0	14-Mar-82	Debra Tomsett	25.3	20-Mar-94
M45 Bob Wishart	23.4	1-Mar-88	<i>Suzanne Broadrick</i>	<i>24.68</i>	<i>27-Jan-04</i>
M50 Joe Tennant	23.4	30-May-09	W40 Judy Pollock	26.6	3-Apr-83
M55 Keith Howden	24.68	15-Apr-01	Debra Tomsett	26.6	29-Mar-98
M60 Rudi Hochreiter	26.3	1-Mar-87	W45 Barbara Blurton	26.0	24-Mar-96
M65 Graeme Noden	27.2	5-Apr-03	W50 Anne Stobaus	27.7	24-Mar-96
M70 Charles Scarff	28.1	20-Mar-94	W55 Anne Stobaus	28.8	16-Mar-97
M75 *Mike Johnston	29.76	12-Apr-98	W60 Jan Morrey	31.14	10-Apr-04
M80 *Mike Johnston	31.82	31-Mar-02	W65 Gwen Davidson	32.7	1-Mar-87
M85 *Harry Gathercole	37.22	?	W70 Gwen Davidson	34.6	11-Apr-93
M90 Vic Younger	58.1	17-Mar-03	W75 Grace Smith	63.86	2-Apr-94
400 METRES		400 METRES			
M30 Andrew Wilcox	49.41	11-Oct-02	W30 Rhonwen Binney	58.3	1-Apr-90
<i>Cameron Mackenzie</i>	<i>46.87</i>	<i>15-Jan-00</i>	<i>Raelene Boyle</i>	<i>51.08</i>	<i>9-Apr-82</i>
M35 Peter O'Dwyer	48.69	11-Oct-02	W35 Debra Tomsett	58.04	30-Mar-95
<i>Andrew Wilcox</i>	<i>48.13</i>	<i>14-Feb-04</i>	W40 *Judy Pollock	57.0	2-Apr-83
M40 *Robert McCubbin	49.33	12-Apr-04	W45 *Barbara Blurton	57.91	1-Jul-95
M45 Max Warlow	53.5	19-Mar-94	W50 Barbara Blurton	61.11	13-Jul-01
M50 Noel Clough	53.58	1-Dec-87	W55 *Anne Stobaus	64.2	16-Nov-96
M55 *Colin McCurry	55.08	12-Jul-03	W60 #Anne Stobaus	67.3	10-Jul-01
M60 Richard Trembath	59.59	21-Apr-03	W65 Lorraine Woodman	83.41	11-Oct-02
M65 Mike Johnston	62.0	1-Mar-88	W70 Rowena Barker	91.69	11-Oct-02
M70 Mike Johnston	66.02	1-Jul-95	W75 Corrie DeGroot	109.0	30-Mar-03
M75 *Mike Johnston	68.57	11-Apr-98			
M80 #Mike Johnston	72.85	1-Apr-02			
M85 Jack Stevens	108.5	16-Mar-02			
800 METRES		800 METRES			
M30 *Paul Schnyder	1.55.4	29-Mar-97	W30 Rosemary Lucas	2.14.4	1-Mar-86
<i>John Higham</i>	<i>1.47.6</i>	<i>2-Nov-82</i>	<i>Margaret Crowley</i>	<i>1.59.97</i>	<i>8-Sep-00</i>
M35 *Robert McCubbin	1.53.10	18-Jan-03	W35 Ann Holcombe	2.12.9	12-Dec-85
M40 *Robert McCubbin	1.51.56	13-Mar-04	<i>Judy Pollock</i>	<i>1.59.93</i>	<i>14-Jul-76</i>
M45 Neil MacDonald	1.59.11	1-Aug-89	W40 *Judy Pollock	2.12.1	20-Mar-83
M50 Tom Roberts	2.00.1	22-Apr-84	W45 #Barbara Blurton	2.14.7	16-Feb-96
M55 #Tom Roberts	2.05.07	1-Jul-89	W50 Barbara Blurton	2.24.5	17-Jun-01

**VMACI Club Records (Continued)**

800 METRES			800 METRES		
M60 Barrie Milligan	2.16	9-Apr-00	W55 *Ann Holcombe	2.25.0	27-Aug-02
M65 Jack Stevens	2.20.5	13-Aug-82	W60 *Anne Stobaus	2.40.28	9-Jul-01
M70 *Gordon McKeown	2.36.57	11-Oct-93	W65 Barbara Dalgleish	3.13.1	3-May-01
M75 *Mike Johnston	2.51.71	29-Mar-97	W70 Rowena Barker	3.52.11	8-Oct-02
M80 *Mike Johnston	3.05.6	24-Mar-02	W75 *Arley Nicholls	4.35.7	1-Apr-89
M85 *Eddie Gamble	4.07	14-May-00			
1500 METRES			1500 METRES		
M30 Tim Crosbie	3.58.7	20-Mar-93	W30 Georgann Peterson	4.46.6	1-Apr-87
<i>Pat Scammell</i>	<i>3.35.62</i>	<i>17-Jul-91</i>	<i>Margaret Crowley</i>	<i>4.07.23</i>	<i>9-Aug-00</i>
M35 Dean Paulin	3.56.45	11-Oct-02	W35 Dot Browne	4.40.1	18-Oct-80
<i>Pat Scammell</i>	<i>3.44.25</i>	<i>14-Jun-96</i>	<i>Judy Pollock</i>	<i>4.14.22</i>	<i>28-Jul-76</i>
M40 Greg Lyons	3.56.99	13-Jul-01	W40 *Dot Browne	4.31.8	3-Apr-83
M45 Steve Austin	4.03.7	20-May-97	W45 Judy Pollock	4.40.4	1-Apr-85
M50 #Tom Roberts	4.05.2	22-Mar-84	W50 Bronwen Cardy	4.59.2	16-Mar-02
M55 *Jack Ryan	4.17.6		W55 *Ann Holcombe	5.00.1	23-Nov-02
M60 Tom Roberts	4.40.06	1-Jul-95	W60 *Jean Albury	5.36	1-Apr-90
M65 *Jack Ryan	4.41.82	1-Nov-87	*Jan Morrey	5.36.93	5-Nov-00
M70 Randall Hughes	5.14.8	25-Mar-95	W65 Barbara Dalgleish	6.21.7	26-Apr-01
M75 *Randall Hughes	5.32.09	3-Apr-99	W70 *Shirley Young	6.47.29	22-Apr-00
M80 *Peter Brownbill	7.18	8-Apr-00	W75 *Corrie De Groot	8.03.4	30-Mar-03
M85 *Peter Brownbill	7.53	13-Mar-04			
M90 Harry Preston	18.41				
1 MILE			1 MILE		
M30 *Pat Scammell	3.55.17	25-Feb-92	W30 *Margaret Crowley	4.26.47	16-Jul-97
M35 Tim Crosbie	4.35.5	2-Mar-00	W35 Lesley Grimes	5.29.3	4-Mar-99
<i>Steve Austin</i>	<i>4.08.97</i>	<i>18-Dec-86</i>	W40 Dot Browne	5.05	22-Dec-81
M40 Colin O'Brien	4.23.2	12-Dec-87	W45 Jan Morrey	5.52	
M45 Neil Beachley	4.29.3	13-Dec-84	W50 Jean Albury	6.04	16-Mar-83
M50 #Tom Roberts	4.30.06	6-Dec-87	W55 *Lavinia Petrie	6.00.8	2-Mar-00
M55 #Jack Ryan	4.40.4	22-Dec-81	W60 *Lavinia Petrie	6.05.7	26-Feb-04
M60 Peter Coutie	5.15	1990	W65 Anne Callaghan	9.03.4	27-Feb-03
M65 Jack Ryan	5.05.61	6-Dec-87	W70 Rowena Barker	8.17.2	10-May-04
M70 Alan Burgoyne	6.08.75	6-Dec-87	W75 #Corrie DeGroot	8.59.4	27-Feb-03
M75 Bob Lewis	6.26.5	26-Feb-04			
3,000 METRES **NEW**			3,000 METRES **NEW**		
M30 *Darren Lynch	7.45.53	20-Feb-99	W30 Anne Cross	8.53.17	26-Jul-95
M35 *Steve Moneghetti	8.09.47	10-Dec-97	W35		
M40 Carl Stevenson	9.09.5		W40		
			W45 *Trish Wallace	9.56.7	21-Oct-95
			W60 *Lavinia Petrie	11.58.9	6-Dec-03
			W70 Rowena Barker	14.48.5	9-Sep-02
5,000 METRES			5,000 METRES		
M30 Tim Crosbie	15.36.0	31-Mar-93	W30 Georgann Peterson	17.50.3	1-Apr-87
<i>Steve Austin</i>	<i>13.22.98</i>	<i>14-Jul-81</i>	<i>Anne Cross</i>	<i>15.20.78</i>	<i>5-Mar-00</i>
M35 Colin O'Brien	14.42.3	2-Apr-83	W35 Dot Browne	17.43.9	
<i>Steve Moneghetti</i>	<i>13.43.95</i>	<i>25-Feb-98</i>	<i>Anne Cross</i>	<i>15.26.65</i>	<i>8-Sep-00</i>
M40 *Steve Austin	14.01.7	28-Nov-91	W40 Dot Browne	17.09.1	3-Apr-83
M45 *Steve Austin	14.59	12-Nov-97	W45 *Dot Browne	17.33.3	30-Mar-86
M50 *Colin O'Brien	15.49.3	15-Jun-97	W50 Bronwen Cardy	17.44.75	31-Mar-02
M55 *Jack Ryan	15.52.8	24-Apr-78	W55 *Jean Albury	18.49	1-Apr-85
M60 Ted Paulin	17.58	9-Apr-00	W60 *Theresa Baird	19.21.3	28-Nov-01
M65 Stan Nicholls	18.10		W65 Rowena Barker	23.00.4	24-Apr-98
M70 Randall Hughes	19.38	30-Mar-97	W70 *Shirley Young	23.21.4	23-Apr-00
M75 *Randall Hughes	20.18.04	4-Apr-99	W75 *Arley Nicholls	32.37	1-Apr-89
M80 *Peter Brownbill	27.37.6	29-Mar-98			
M85 *Peter Brownbill	29.24.79	11-Apr-04			



## VMACI Club Records (Continued)

## 10,000 METRES

M30 Russell Johnson	32.25	17-Dec-85
*Steve Moneghetti	27.48.94	14-Dec-95
M35 Graeme Kipp	30.41.2	1-Apr-83
*Steve Moneghetti	28.09.96	18-Dec-97

## 10,000 METRES

M40 *Steve Austin	29.23.05	1-Apr-92
*Steve Moneghetti	28.33.68	14-Dec-02
M45 Rodney Goodwin	32.16.19	1-Dec-87
*John Wilson	31.29	1-Dec-03
M50 Theo Orr	33.37	15-Mar-75
M55 *Jack Ryan	33.36.2	
M60 Bob Turnbull	37.34	
M65 Stan Nicholls	37.52.2	15-Nov-77
M70 Alan Burgoyne	40.40	17-Dec-85
M75 *Randall Hughes	43.05.41	21-Apr-00
M80 Ken Matchett	59.33	9-Apr-04
M85 *Eddie Gamble	74.43.7	25-Nov-00

## ONE HOUR RUN \*\*NEW\*\*

M30 John Duck	18,249	'83
M35 Peter Hannaford	18,304	
M40 Peter Hannaford	17,719	
M45 Allan Long	16,598	29-Sep-03
M50 Charles Chambers	16,420	27-Sep-04
M55 Jeff Walker	15,303	10-Feb-04
M60 Graham Philpott	14,549	29-Sep-03
M65 Ted Paulin	14,877	27-Sep-04
M70		
M75 *Bob Lewis	13,038	29-Sep-03
M80 *Ken Matchett	9,873	27-Sep-04

## HALF MARATHON (BEST ON RECORD)

M30 Brian Simmons	66.44	12-Aug-90
*Steve Moneghetti	60.06	24-Jan-93
M35 John Meagher	67.05.24	13-Oct-02
Magnus Michelson	63.29	2-Mar-04
M40 Peter Hunt	68.14	1-Oct-90
Peter Gaffney	67.27	13-Sep-94
M45 Neil Ryan	71.06	1988
M50 Neil Ryan	74.44	1993
M55 Barry Brooks	74.42	4-Jun-95
M60 Barry Brooks	82.39	14-Sep-03
M65 Tony Berry	86.07	12-Oct-02
M70 Randall Hughes	90.26	1-May-94
M75 Sam Stapleton	2.00.39	5-May-91
M80 Ken Matchett	2.23.08.04	13-Oct-02

## MARATHON (BEST ON RECORD)

M30 *Brian Simmons	2.26.20	25-Nov-90
*Steve Moneghetti	2.08.33	2-Apr-95
M35 Brian Simmons	2.25.01	12-Apr-92
*Steve Moneghetti	2.10.00	13-Feb-00
M40 Carl Stevenson	2.26.44	
*Steve Moneghetti	2.17.14	2-Mar-03
M45 Peter Hannaford	2.32.16	14-Oct-84
M50 Barry Brooks	2.38.13	5-Jun-94
M55 Barry Brooks	2.39.57	20-Oct-96
M60 Barry Brooks	2.57.25	14-Jul-01
M65 Randall Hughes	2.59.45	6-Oct-91
M70 Randall Hughes	3.09.00	1-Oct-95
M75 Ken Matchett	4.01.19	20-Jun-09
M80 Ken Matchett	5.17.41	13,000 STEEPLECHASE

## 10,000 METRES

W30 Georgann Peterson	36.52.8	1-Apr-87
Carolyn Schuwalow	32.35.83	5-Dec-98
W35 Petrina Trowbridge	35.49	16-Dec-86
Carolyn Schuwalow	34.29.25	17-Aug-00

## 10,000 METRES

W40 *Dot Browne	35.30.5	1-Apr-85
W45 *Bronwen Cardy	36.06.26	13-Apr-01
W50 *Theresia Baird	38.00.3	1-Apr-92
W55 *Jean Albury	38.38.6	1-Apr-85
W60 #Theresia Baird	39.21.1	27-Oct-01
W65 Barbara Dalgleish	48.42.87	9-Jul-01
W70 *Shirley Young	49.30.43	21-Apr-00
W75 *Corrie DeGroot	58.43	4-Oct-03

## ONE HOUR RUN \*\*NEW\*\*

W30		
W35		
W40		
W45 #Jennie Dowie	14,827	27-Sep-04
W50 Annette Pelgrim	12,877	27-Sep-04
W55		
W60 #Lavinia Petrie	13,822	29-Sep-03
W65		
W70 Rowena Barker	11,410	14-Apr-03
W75 #Corrie De Groot	10,049	14-Apr-03
W80 *Margaret Prowse	5,840	27-Sep-04

## HALF MARATHON (BEST ON RECORD)

W30 Bronwyn Hanns	83.51	5-May-96
Silvana Trampuz	72.56	19-Mar-00
W35 Petrina Trowbridge	80.40	8-Jun-86
Jenny Dowie	76.10	4-Jun-95
W40 Petrina Trowbridge	79.15	16-Aug-87
W45 Bronwen Cardy	78.42	8-Oct-00
W50 Lavinia Petrie	86.45	4-May-94
W55 Theresia Baird	86.21	5-Aug-01
W60 Theresia Baird	86.16	12-Dec-01
W65 Barbara Dalgleish	145.52	5-May-01
W70 *Rowena Barker	1.52.25.6	13-Oct-02
W75 Corrie De Groot	2.11.15	12-Sep-04

## MARATHON (BEST ON RECORD)

W30 Silvana Trampuz	2.33.50	25-Apr-99
W35 Petrina Trowbridge	2.46.50	12-Oct-86
June Petrie	2.43.39	14-Dec-03
W40 *Dot Browne	2.41.24	17-Apr-83
W45 *Colleen Stephens	2.51.02	20-Jun-09
W50 Lavinia Petrie	3.03.36	3-Apr-93
W55 *Jean Albury	3.09.14	7-Jun-09
W60 *Shirley Young	3.27.44	1-Jun-92
W65 *Shirley Young	3.39.43	18-Jun-09
W70 *Shirley Young	4.03.52	14-Oct-01

2,000

## VMACI Club Records (Continued)

## STEEPLECHASE

M30 *Glenn Tarran	10.10.7	7-Oct-95
Bob Hendy	8.43.2	20-Feb-77
M35 *Jeff Broderick	8.53.57	8-Feb-92
M40 *Jeff Broderick	9.10.2	16-Nov-95
M45 #Jeff Broderick	9.24.4	10-Feb-00
M50 Bob Hendy	10.02.6	7-Oct-95
M55 Bill Hughes	11.12.99	1-Dec-87

## 2,000 STEEPLECHASE

M60 Graham Philpott	7.27.33	19-Apr-03
M65 Bob Gardiner	7.51.48	14-Jul-01
M70 Peter Couttie	9.56.27	17-Jan-02
M75 *Stan Nicholls	10.32.2	1-Nov-87
M80 *Eddie Gamble	12.25	29-Mar-97
M85 #Eddie Gamble	13.50.9	31-Mar-01

## 110 METRE HURDLES (.991m)

M30 *Terry Baldwin	15.1	23-Mar-96
*Kyle Vander-Kyp	13.67	29-Apr-03
M35 *Terry Baldwin	15.10	10-Apr-98
M40 Terry Baldwin	15.9	20-Nov-04

## 100 METRE HURDLES (.914m)

M45 Ken Priestley	17.0	1-Apr-85
!M40Bill Barker	20.99	13-Mar-04
M45 Josian Phillipe	15.5	28-Mar-98
M50 *Ted Barnard	15.03	7-Oct-95
M55 David Mather	16.63	18-Mar-89
M60 *David Mather	16.92	1-Apr-92
M65 *David Mather	18.24	28-Mar-97
90 METRE HURDLES (.84m)		
M55 *Richard Trembath	13.8	20-Mar-99
M60 Ken Priestley	14.8	8-Apr-00

## 90 METRE HURDLES (.84m, 7.5m spacing, from 2004)

M60 Richard Trembath	15.44	13-Mar-04
80 METRE HURDLES (.762m)		
M65 David Mather	14.0	20-Mar-99
M70 Charles Scarff	14.79	7-Oct-95
M75 Gordon Gourlay	18.67	9-Apr-04

## (.686m from 2000)

M80 George Simpson	33.2	1-Dec-87
M90 *Vic Younger	44.4	30-Mar-03
60 METRE HURDLES (.762m) from 2004		
M75 George Goode	14.51	13-Mar-04

## 400 METRE HURDLES (.914m)

M30 *Michael Skerritt	57.0	29-Mar-98
Rohan Robinson	50.7	26-Feb-02
M35 Terry Baldwin	57.1	29-Mar-98
M40 *Noel Clough	54.3	
M45 Graham Ford	62.5	14-Feb-96

## (.840m from 2000)

M50 Richard Trembath	62.6	7-Apr-96
M55 *Richard Trembath	62.60	4-Apr-99
300 METRE HURDLES (.84m)		
M50 Mike Hall	44.3	19-Mar-89
M55 *Richard Trembath	44.0	21-Mar-99

## (.762m)

M60 *Richard Trembath	45.19	29-Mar-03
M65 Charles Scarff	52.5	17-Mar-91
(.686m from 2000)		
M70 Charles Scarff	53.8	20-Mar-94
M75 Syd Elks	65.55	7-Jul-01

W30 Julie Norney	8.07.9	30-Mar-03
*Cristine Cronin	7.18.8	11-Jan-00
W35 Laurel Gore	7.48.34	7-Oct-02
W40 Janis Wright	8.16.3	25-Mar-95
W45 Ruth Reidy	8.05.8	13-Mar-04
W50 Janis Wright	8.30.10	14-Jul-01
W55 *Jan Morrey	9.13.5	29-Apr-95
W60 #Jan Morrey	8.52.30	3-Nov-00
W65 *Pamela Mews	12.04.37	14-Jul-01

## 100 METRE HURDLES (.84m)

W30 Jennifer Baldwin	16.9	28-Mar-98
*Pam Ryan	12.93	28-Jun-72
W35 Debra Tomsett	16.0	20-Mar-93

## 90 METRE HURDLES (.762m &amp; 7.5m Spacing from 2004)

W45 Christine Bridle	19.23	13-Mar-04
80 METRE HURDLES (.762m)		
W40 Salli-ann Lee	13.5	24-Apr-00
W45 Joanne Russell	13.3	11-Oct-03
W50 Gloria Seymon	15.1	1-Apr-90

## W55 Come on ladies, have a go!

(.686m from 2000)		
W60 Bettina Woodburn	19.4	1-Apr-85
W65 Gwen Davidson	20.09	1-Jul-89
60 METRE HURDLES (.762m) from 2004		
W70 Anna Zeitzen-Vanderberg	15.55	13-Mar-04

## (.84m, 7.5m spacing, from 2004)

400 METRE HURDLES (.762m)		
W30 Rhonwen Binney	63.4	16-Mar-91
Kerry Soanes	62.0	21-Dec-89
W35 Mandi Cole	64.8	20-Mar-94
W40 Debra Tomsett	67.6	17-Feb-01
W45 Joanne Russell	69.8	5-Apr-03

## 300 METRE HURDLES (.762m) !from 2004

!W45 Christine Bridle	58.39	14-Mar-04
W50 June Reeves	56.69	1-Aug-99
W55 June Reeves	64.13	7-Jul-01

## 200 METRE HURDLES (.600m) from 2004

W70 Anna Zeitzen-Vanderberg	52.3	14-Mar-04
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## VMACI Club Records (Continued)

**200 METRE HURDLES (.600m) from 2004**

M75 Syd Elks 43.82 14-Apr-04

**1,500 METRES WALK**M30 David Long 9.35.9 18-Dec-99  
\*Clyde Riddoch 6.11 3-Dec-83

M35 Clyde Riddoch 6.29 3-Nov-88

M40 Paul Kennedy 6.15 3-Feb-01

M45 \*Paul Kennedy 6.14.29 16-Dec-03

M50 \*Andrew Jamieson 6.21.1 4-Mar-99

M55 \*Murray Dickinson 6.44.1 7-Oct-95

M60 Terry Dunn 8.11 4-Mar-99

M65 Ken Walters 8.10.4 4-Mar-99

M70 Jack Kilfoyle 9.06 7-Oct-95

M75

M80 Eddie Gamble 10.49.2 7-Oct-95

M85 \*George Knott 12.04.6 7-Oct-95

**ONE MILE WALK \*\*\*NEW\*\*\* VMA ONLY**

M40 Clyde Riddoch 6.59.0 18-Oct-97

M45

M50

M55 Alan Lucas 8.09.1 26-Feb-04

M60 Tony Johnson 8.26.4 26-Feb-04

M65 Terry Dunn 9.27.4 26-Feb-04

**3,000 METRES WALK**

M30 David Long 19.19 9-Apr-00

\*David Smith 11.00.56 24-Jan-87

M35 \*Willi Sawall 11.28.2 15-Mar-80

M40 #Willi Sawall 11.28.21 21-Feb-82

M45 \*Paul Kennedy 12.50.2 11-Feb-03

M50 \*Andrew Jamieson 12.59.5 27-Jan-00

\*Willi Sawall 12.56 2-Dec-93

M55 \*Murray Dickinson 13.50 26-Mar-95

#Willi Sawall 12.44 14-Dec-96

M60 \*Murray Dickinson 14.16 21-Mar-99

M65 #Tom Daintry 14.57 26-Mar-78

M70 #Tom Daintry 15.51 10-Apr-82

M75 \*Tom Daintry 17.07.8 5-Apr-87

M80 #Tom Daintry 18.44 5-Apr-92

M85 #Gus Theobald 19.31 10-Apr-82

M90 #Gus Theobald 21.21 5-Apr-87

**5,000 METRES WALK**

M30 Kevin Cassidy 26.46 20-Mar-93

\*David Smith 18.52.87 21-Feb-86

M35 Mark Donahoo 21.21 19-Mar-94

Simon Baker 19.57.43 12-Mar-94

M40 #Willi Sawall 19.45.65 31-Mar-84

M45 Murray Dickinson 22.59.60 6-Dec-87

\*Willi Sawall 21.12.19 31-Mar-90

M50 \*Andrew Jamieson 22.19.3 22-Feb-01

\*Willi Sawall 21.38.3 19-Mar-92

M55 \*Andrew Jamieson 22.40.11 4-Jul-01

#Willi Sawall 22.11.5 26-Jan-97

M60 \*Murray Dickinson 24.26.94 3-Apr-99

M65 \*Tom Daintry 25.44

M70 #Tom Daintry 26.49.3 10-Apr-82

M75 \*Tom Daintry 28.02.26 1-Dec-87

M80 \*Gus Theobald 30.42 8-Aug-77

M85 #Gus Theobald 33.14.2 10-Apr-82

M90 #Gus Theobald 35.09.5 1-Apr-87

**1,500 METRES WALK**

W30 Sharon Schnyder 6.48 29-Mar-98

W35 \*Sharon Schnyder 6.47 8-Apr-00

W40 \*Heather McDonald 6.45 1-Mar-90

W45 \*Heather McDonald 6.49 23-Mar-86

W50 \*Heather Carr 7.10.2 1-Apr-01

W55 \*Liz Feldman 7.49.04 14-Mar-04

W60 \*Jean Albury 7.39 1-Mar-90

W65 \*Jean Albury 8.07.6 7-Oct-95

W70 Jean Albury 8.24 8-Apr-00

W75 \*Jean Knox 9.55 24-Mar-02

W80 \*Nance Jeffreys 11.32 1-Mar-90

W85 \*Nance Jeffreys 13.44.3 7-Oct-95

**ONE MILE WALK \*\*\*NEW\*\*\* VMA ONLY**

W40 Sandra Howorth 9.38.9 27-Feb-03

W45 Alison Thompson 8.08.7 27-Feb-03

W50 Heather Carr 7.58.4 27-Feb-03

W55 Liz Feldman 8.43.4 26-Feb-04

W60 Brenda Riley 8.22.2 26-Feb-04

W65 Margaret Beaumont 10.44.7 27-Feb-03

W70 Tina Baarslag-Leb 11.22.9 26-Feb-04

W75 Jean Knox 10.59.5 27-Feb-03

**3,000 METRES WALK**

W30 Alison Thompson 16.25 16-Mar-85

Lorraine Jachno 12.48.76 25-Feb-92

W35 Patricia Baker 17.49 16-Mar-85

Alison Baker 14.29.7 2-Dec-99

W40 \*Heather McDonald 14.26 3-Jul-91

W45 Heather McDonald 14.53.68 1-Oct-94

W50 Heather McDonald 15.26.81 7-Mar-03

W55 \*Gwen Steed 16.34 7-Feb-98

W60 \*Gwen Steed 17.22.72 13-Feb-04

W65 \*Betty Newman 18.49 1-Nov-90

W70 Jean Knox 19.56.29 7-Nov-98

W75 \*Dorothy Jack 22.29 1-Oct-94

W80 Nance Jeffreys 24.00

W85 #Nance Jeffreys 27.36 1-Oct-94

**5,000 METRES WALK**

W30 Sharon Schnyder 24.42 28-Mar-98

Lorraine Jachno 22.17.32 14-Jan-90

W35 Heather McDonald 24.56 1-Jun-89

W40 \*Heather McDonald 24.39.8 18-Jul-91

W45 Heather McDonald 25.04.5 1-Oct-94

W50 Heather Carr 25.24 17-Jun-01

W55 #Jean Albury 26.46.92 1-Dec-87

W60 \*Brenda Riley 27.13.41 10-Apr-04

W65 #Jean Albury 27.57 6-Oct-95

W70 \*Jean Albury 29.42.75 22-Apr-00

W75 \*Jean Knox 35.29 16-Mar-02

W80 \*Nance Jeffreys 39.04 1-Apr-90

W85 \*Nance Jeffreys 45.08 6-Oct-95

## VMACI Club Records (Continued)

**10k ROAD WALK (BEST ON RECORD)**

M30 \*David Smith 38.20.9 15-Sep-85

M35 Mark Donahoo 43.45 9-Apr-94

M40 \*Mark Donahoo 43.47.9 26-Jun-99

M45 \*Mark Donahoo 46.40.4 21-Jun-03

M50 \*Andrew Jamieson 45.41 26-Jun-99

\*Willi Sawall 44.10.1 5-Jan-92

M55 \*Andrew Jamieson 47.30.1 14-Jun-03

M60 \*Murray Dickinson 49.35 29-Aug-98

M65 #Murray Dickinson 54.15.8 8-May-04

M70 #Tom Daintry 54.17 9-May-81

M75 \*Tom Daintry 64.39 22-Jul-90

M80 \*Tom Daintry 64.23 25-Apr-93

M85 \*George Knott 88.29 31-Mar-97

M90 #Gus Theobald 77.52 22-Jan-90

**20k ROAD WALK (BEST ON RECORD)**

M30 \*David Smith 1.19.22 19-Jul-87

M35 #Willi Sawall 1.24.04.3 23-Mar-80

M40 #Willi Sawall 1.21.36 4-Jul-82

M45 #Willi Sawall 1.25.03 27-Aug-88

M50 \*Andrew Jamieson 1.34.38 18-Jul-99

M55 #Andrew Jamieson 1.35.12.7 18-Aug-01

M60 \*Murray Dickinson 1.43.32 8-May-99

M65 #Tom Daintry 1.51.18 13-Jan-81

M70 \*Tom Daintry 2.00.16 8-Apr-85

M75 \*Tom Daintry 1.59.20 22-Jun-86

M80 \*Gus Theobald 2.11.54.4 13-Aug-77

M85 #Gus Theobald 2.26.07 21-Aug-82

M90 #Gus Theobald 2.34.01 21-Apr-87

**30k ROAD WALK (BEST ON RECORD)**

M30 \*David Smith 2.05.59 10-May-86

M35 \*Willi Sawall 2.10.11 80

M40 #Willi Sawall 2.08.01 16-May-82

M45 #Willi Sawall 2.19.40 87

\*Willi Sawall 2.17.02 29-May-88

M50 \*Andrew Jamieson 2.31.20 5-Sep-99

M55 \*Andrew Jamieson 2.32.04.4 9-Nov-03

**50k ROAD WALK (BEST ON RECORD)**

M30 \*Simon Baker 3.43.13 28-Aug-89

M35 \*Willi Sawall 3.46.34 6-Apr-80

M40 #Willi Sawall 3.59.48 17-Aug-86

M45

M50 \*Willi Sawall 4.12.57 14-Apr-92

M55 \*Andrew Jamieson 4.46.44 24-Oct-04

**HIGH JUMP**

M30 \*Terry Baldwin 1.90 2-Apr-94

Bill Spiers 1.93 ?

M35 Brendan Leane 1.90

M40 \*Graeme Morrish 1.95 10-Apr-82

M45 Julien Cosmos 1.70 14-Mar-82

M50 Bill Ronald 1.62 13-Mar-04

M55 Tom Hancock 1.60 23-Nov-91

M60 \*Tom Hancock 1.54

M65 \*Tom Hancock 1.47 16-Mar-02

M70 Gordon Gourlay 1.38 14-Apr-01

M75 \*Gordon Gourlay 1.28 10-Apr-04

M80 Andy Smith 1.00 29-Apr-95

M85 Vic Younger 1.00 31-Mar-01

M90 \*Vic Younger 0.95 10-Apr-04

**10k ROAD WALK (BEST ON RECORD)**

W30 Kylie Bonney 53.01 17-Jan-02

Lorraine Jachno 45.25 19-May-91

W35 Heather McDonald 50.51 1-Jul-89

W40 \*Heather McDonald 49.37 16-Jun-90

W45 \*Heather McDonald 50.35 4-Jun-95

W50 Heather Carr 53.35 16-Apr-01

W55 \*Heather Carr 57.20 19-Sep-04

W60 #Brenda Riley 55.12 19-Sep-04

W65 \*Betty Newman 62.24 1-Apr-90

W70 \*Jean Albury 62.31 24-Apr-00

W75 Jean Knox 74.27 12-Oct-02

W80 \*Nance Jeffreys 77.32 1-Oct-89

W85 #Nance Jeffreys 92.41 8-Oct-95

**20k ROAD WALK (BEST ON RECORD)**

W30 Sue Cook 1.41.13 14-Jul-80

W35 Heather McDonald 1.52.12 8-May-88

W40 #Heather McDonald 1.42.22 24-Sep-93

W45 \*Kathy Woodward 1.48.01 8-May-94

W50 Celia Johnson 1.53.05 16-Aug-98

W55 \*Liz Feldman 2.06.07 24-May-04



## VMACI Club Records (Continued)

LONG JUMP			LONG JUMP		
M30 Terry Baldwin	6.48	19-Mar-94	W30 Glenis Johnson	5.55	10-Dec-88
Roger Groppi	6.48	25-Mar-95	<i>Kym Burns</i>	6.16	14-Feb-02
<i>*Leigh Stuart</i>	7.93	24-Mar-01	W35 Glenis Johnson	5.43	13-Feb-93
M35 *Russell Sarah	6.82	19-Mar-83	W40 Sue Haylock	4.76	19-Mar-94
M40 Russell Sarah	6.51	29-Mar-86	W45 Salli-Ann Lee	4.88	30-Mar-03
M45 Graeme Noden	5.97	8-Dec-84	W50 Chris Battersby	4.39	8-Apr-95
M50 Graeme Noden	5.73	22-Nov-90	W55 Nyala Miller	4.01	1-Apr-00
M55 Graeme Noden	5.66	14-Dec-96	W60 *Bettina Woodburn	4.03	1-Apr-85
M60 Graeme Noden	5.21	8-Apr-00	W65 Gwen Davidson	3.62	1-Apr-90
M65 Graeme Noden	5.01	18-Apr-03	W70 *Gwen Davidson	3.51	7-Mar-93
M70 *Mike Johnston	4.75	16-Oct-91	W75 *Gwen Davidson	2.79	28-Mar-98
M75 Rudi Hochreiter	3.93	24-Feb-02			
M80 Harry Gathercole	2.96	16-Oct-91			
M85 Vic Younger	2.70	6-Jul-01			
M90 *Vic Younger	2.53	16-Mar-03			
POLE VAULT			POLE VAULT		
M30 Terry Baldwin	3.65		W30 *Irie Hill	4.00	11-Oct-02
<i>Don Baird</i>	5.36	9-Jun-83	W35 *Irie Hill	4.10	20-Jun-04
M35 Wayne Garth	4.05	1-Apr-88	W40 #Dawn Hartigan	3.45	20-Nov-99
<i>Andrew Stewart</i>	4.65	12-Jan-91	W45 #Dawn Hartigan	3.50	19-Mar-02
M40 Robert Huddle	4.00	8-Oct-95			
M45 *Ken Priestley	3.92	26-Jan-85			
M50 Ken Priestley	3.58	19-Mar-89			
M55 *Rob Barclay	3.45	1-Oct-94			
M60 *Rob Barclay	3.30	14-Nov-98			
M65 *Rob Barclay	3.2	7-Mar-04			
M70 Werner Widera	2.33	9-Apr-93			
M75 *Werner Widera	2.16	29-Mar-98			
M85 Vic Younger	1.60	13-Jul-01			
M90 #Vic Younger	1.40	5-Apr-03			
TRIPLE JUMP			TRIPLE JUMP		
M30 *Roger Groppi	13.10	30-Mar-97	W30 *Irie Hill	11.29	7-Oct-02
<i>Simon Jacotine</i>	15.35	9-Feb-02	W35 Glenis Johnson	10.75	14-Feb-93
M35 *Russell Sarah	14.63	4-Apr-81	W40 Sue Haylock	10.20	1-Oct-94
M40 *Russell Sarah	14.14	24-Jan-87	W45 Salli-Ann Lee	10.12	5-Apr-03
M45 Russell Sarah	12.60	21-Mar-93	W50 Sue Haylock	9.14	8-Oct-02
M50 Russell Sarah	12.35	16-Mar-97	W55 Christine Dickie	8.28	26-Mar-95
M55 Jim Poulter	10.74	16-Mar-97	W60 Nyala Millar	8.04	31-Mar-02
M60 Cliff West	10.63	4-Apr-81	W65 Gwen Davidson	7.95	1-Apr-92
M65 Harry Logan	10.16	19-Jan-83	W70 *Gwen Davidson	7.46	21-Mar-93
Mike Johnston	10.16	5-Apr-87	W75 Gwen Davidson	6.29	29-Mar-98
M70 Mike Johnston	9.46	11-Apr-93			
M75 Syd Elks	8.39	10-Jul-01			
M80 Andy Smith	5.65	26-Mar-95			
M85 Vic Younger	5.10	1-Apr-01			
M90 Vic Younger	5.29	5-Apr-03			
SHOT PUT (7.26 kg)			SHOT PUT (4 kg)		
M30 Angelo Pagano	14.47	15-Feb-98	W30 Chris Schultz	15.71	18-Mar-84
<i>John Minns</i>	18.27	2-Apr-02	<i>*Gael Martin</i>	18.52	28-Mar-87
M35 Angelo Pagano	14.59	6-Feb-99	W35 *Chris Schultz	15.41	5-Dec-87
<i>John Minns</i>	18.07	14-Feb-04	W40 *Chris Schultz	14.36	24-Mar-91
M40 Sal Ungars	14.15	14-Mar-82	W45 *Chris Schultz	13.18	15-Feb-98
M45 Geoff Tyler	13.88	27-Jan-94			
			W50 *Chris Schultz	14.39	19-Mar-94
M50 Graeme Rose	13.91	6-Oct-97	W55 Rhondda Dundas	10.35	28-Mar-00
M55 Graeme Rose	13.23	1-Aug-99			
			W60 Lydia Widera	8.70	1-Apr-90
M60 Aivars Pavulins	12.83	1-Nov-87	W65 Lydia Widera	8.63	2-Feb-91
M65 *Aivars Pavulins	13.02	1-Jul-89			
			W70 *Lydia Widera	7.60	17-Mar-96
M70 Rudi Hochreiter	12.82	5-Apr-92	W75 *Gwen Davidson	6.81	23-Aug-98

## VMACI Club Records (Continued)

M75 Rudi Hochreiter	11.56	17-Nov-01	W80 Gwen Davidson	6.24	23-Mar-03
M80 *John Fraser	9.31	12-Mar-95			
M85 *John Fraser	7.94	2-Jul-00			
M90 *Vic Younger	5.93	5-Apr-03			
DISCUS (2 kg)			DISCUS (1 kg)		
M30 Yohan Amerasekera	44.65	12-Apr-04	W30 Chris Schultz	50.04	30-Jan-85
<i>*Werner Reiterer</i>	61.40	16-Mar-00	<i>Gael Martin</i>	58.24	14-Mar-87
M35 Graeme Young	45.76	3-Jun-09	W35 *Chris Schultz	48.90	14-Jan-89
<i>Rod Guy</i>	46.56	22-Feb-81	W40 *Chris Schultz	48.52	18-Jul-91
M40 Geoff Tyler	48.14	16-Jan-93	W45 *Chris Schultz	44.38	9-Jan-99
M45 *Geoff Tyler	49.08	13-Mar-94			
			W50 *Chris Schultz	41.00	23-Jan-01
M50 Graeme Rose	44.80	16-Jul-95	W55 Isabella Deneefe	32.34	19-Mar-89
M55 Graeme Rose	42.65	30-Jan-99			
			W60 Lydia Widera	25.62	1-Apr-90
M60 Tom Hancock	46.10	22-Mar-98	W65 Lydia Widera	25.72	14-Mar-93
M65 *Tom Hancock	46.79	12-Jan-02	W70 *Lydia Widera	22.10	23-Mar-96
M70 Rudi Hochreiter	40.14	6-Dec-97	W75 *Gwen Davidson	18.99	4-Apr-99
M75 *Rudi Hochreiter	35.77	15-Dec-01	W80 *Gwen Davidson	15.98	21-Mar-04
M80 John Fraser	25.70	2-Jul-95			
M85 *John Fraser	21.73	12-Dec-99			
M90 *Vic Younger	15.22	23-Mar-03			
HAMMER (7.26 kg)			HAMMER (4 kg)		
M30 Yohan Amerasekera	39.18	9-Apr-04	W30 Kath Newman	46.01	24-Oct-98
<i>*Hans Lotz</i>	71.24	20-Feb-82	<i>*Anni Hansen</i>	50.35	27-Feb-04
M35 *Hans Lotz	67.92	8-Mar-87	W35 *Pam Matthews	48.14	3-Dec-94
<i>*Hans Lotz</i>	73.80	25-Apr-83	W40 Chris Schultz	41.56	2-Mar-91
M40 *Hans Lotz	66.94	5-Dec-87	W45 Chris Schultz	37.44	2-Nov-96
M45 *Hans Lotz	59.62	16-Jan-94			
			W50 Jan Davies	48.66	5-Apr-96
M50 *Hans Lotz	60.39	28-Mar-98	W55 *Jan Davies	46.90	2-Nov-96
M55 *Ken Readwin	49.34	6-Apr-96			
			W60 Astrid Rose	35.08	5-Oct-03
M60 *Wim Van Weenen	50.62	17-Dec-94	W65 *Lydia Widera	33.00	16-Mar-91
M65 *Wim Van Weenen	50.38	15-Feb-97			
			W70 *Lydia Widera	28.36	23-Mar-96
M70 *Wim Van Weenen	48.74	23-Feb-03	W75 #Gwen Davidson	23.82	23-Aug-98
M75 #Roy Foley	43.10	11-Apr-92	W80 #Gwen Davidson	22.60	23-Mar-03
M80 #John Fraser	37.18	23-Mar-96			
M85 John Fraser	27.51	12-Dec-99			
M90 Vic Younger	11.28	13-Mar-04			
JAVELIN (800 g)			JAVELIN (600 g)		
M30 Terry Baldwin	48.52	3-Apr-94	W30 Chris Schultz	40.50	18-Mar-84
<i>*Robert Lethbridge</i>	67.32	13-Feb-88	<i>*Petra Rivers</i>	64.18	19-Mar-83
M35 Manfred Rohkamper	60.70	1-Apr-90	W35 Chris Schultz	39.08	16-Mar-86
<i>*Manfred Rohkamper</i>	69.32	26-Oct-89	W40 Chris Schultz	37.32	7-Oct-95
M40 Graeme Rose	55.48	29-Mar-87	W45 Dawn Hartigan	33.73	7-Oct-02
M45 Graeme Rose	54.82	16-Oct-91			
			W50 *Chris Schultz	32.18	13-Jul-01
M50 Andrew Farr	54.79	7-Jul-01	W55 Chris Battersby	24.53	21-Mar-99
M55 *Graeme Rose	50.38	13-Apr-01			
			W60 Bettina Woodburn	24.24	1-Apr-87
M60 *Graeme Rose	48.98	14-Mar-04	W65 Bettina Woodburn	22.08	16-Mar-91
M65 *Aivars Pavulins	45.00	1-Jul-89			
			W70 *Lydia Widera	19.36	30-Mar-97
M70 *Rudi Hochreiter	37.00	21-Jul-00	W75 Gwen Davidson	14.82	2-Apr-99
M75 *Rudi Hochreiter	32.47	31-Jan-04	W80 Gwen Davidson	12.32	18-Apr-03
M80 Stan Stankovic	27.97	18-Apr-03			
M85 Vic Younger	19.91	7-Jul-01			
M90 *Vic Younger	17.01	23-Mar-03			



## VMACI Club Records (Continued)

HEAVY HAMMER (15.88 kg)				HEAVY HAMMER (9.072 kg)			
M30	Yohan Amerasekera	11.64	11-Apr-04	W30	Sharon Clayton	11.57	5-May-96
M35	*Russell Devine	17.76	12-Apr-04	W35	*Christine Schultz	12.79	1-Apr-87
M40	*Hans Lotz	16.60	1-Apr-92	W40	*Christine Schultz	12.44	1-Oct-94
M45	*Hans Lotz	15.70	2-Apr-95	W45	*Christine Schultz	13.57	29-Mar-97
<b>(11.34 kg)</b>				<b>(7.258 kg)</b>			
M50	*Hans Lotz	19.71	29-Mar-98	W50	Jan Davies	14.77	5-Apr-96
M55	*Graeme Rose	17.84	21-Mar-99	W55	Jan Davies	14.58	20-Mar-99
<b>(9.072 kg)</b>				<b>(5.449 kg)</b>			
M60	*Graeme Rose	18.77	12-Apr-04	W60	Val Worrell	12.49	1-Oct-97
M65	*Willem Van Weenen	18.57	29-Mar-97	W65	Val Worrell	11.47	15-Apr-01
<b>(7.258 kg)</b>				<b>(5.449 kg)</b>			
M70	*Willem Van Weenen	17.96	24-Mar-02	W70	*Gwen Davidson	10.10	2-Oct-94
M75	*Roy Foley	14.81	11-Apr-92	W75	*Gwen Davidson	10.30	28-Mar-98
<b>(5.449 kg)</b>				W80	*Gwen Davidson	8.80	30-Mar-03
M80	*John Fraser	15.10	8-Oct-95				
M85	*John Fraser	12.99	8-Apr-00				
M90	*Vic Younger	6.70	23-Mar-03				

## WEIGHT PENTATHLON (2002 Tables)

M30	Yohan Amerasekera	2,980	11-Apr-04
	<i>Yohan Amerasekera</i>	<i>3,115</i>	<i>12-Oct-02</i>
M35	Roger Glass	2,850	27-Mar-88
M40	*Hans Lotz	3,543	11-Apr-92
M45	*Rod Guy	3,584	11-May-91
M50	*Graeme Rose	4,078	22-Jul-95
M55	*Graeme Rose	4,288	4-Jul-99
M60	*Tom Hancock	4,229	22-Mar-98
M65	*Tom Hancock	4,698	6-Jan-02
M70	Aivars Pavulins	4,150	8-Jan-95
M75	*Roy Foley	4,520	11-Apr-92
M80	*John Fraser	4,357	1995
M85	*John Fraser	4,444	12-Dec-99

## WEIGHT PENTATHLON (2002 Tables)

W30	*Kelly Carvill	2,859	11-Mar-01
W35	*Christine Schultz	3,944	7-Dec-87
W40	*Christine Schultz	4,214	24-Feb-91
W45	*Christine Schultz	4,685	26-Jul-97
W50	#Christine Schultz	4,535	13-Jul-01
W55	Jan Davies	4,173	5-Apr-99
W60	Val Worrell	3,588	26-Jul-98
W65	Lydia Widera	4,188	14-Mar-93
W70	*Lydia Widera	4,241	17-Mar-96
W75	*Gwen Davidson	4,371	23-Aug-98
W80	#Gwen Davidson	4,422	23-Mar-03

## PENTATHLON (w/Discus)

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

M30	Terry Baldwin	3121	3-Mar-96	W30	*Jennifer Baldwin	2856	8-Apr-96
		3808h				3260h	
M35	*Terry Baldwin	3589	1-Mar-98	W35	Jennifer Baldwin	2699	10-Mar-02
		4090h					
M40	Ray Mooney	3318	3-Dec-87	W40	Chris Battersby	2594	19-Mar-88
		3400e				2955h	
M45	David Sheehan	3220	12-Apr-93	W45	Chris Battersby	3332	15-Oct-91
		3314e				3628h	
M50	Rudi Hochreiter	3541	8-Aug-77	W50	Chris Battersby	3309	1-Apr-94
		3519				3490e	
M55	Rudi Hochreiter	3657	1-Jun-85	W55	Margaret Dunbar	2745	12-Apr-93
		4016h				2680e	
M60	#Rudi Hochreiter	4081	3-Dec-87	W60	Bettina Woodburn	2647	21-Apr-87
		4471e				2610h	
M65	*Rudi Hochreiter	4018	28-Mar-92	W65	Lydia Widera	3436	1-Mar-91
		4602e				3528h	
M70	*Mike Johnston	3945	15-Oct-91	W70	*Gwen Davidson	3368	7-Mar-93
		4651h				2798h	
M75	Stan Stankovic	3045	7-Mar-99				
		3321h					
M80	Stan Stankovic	2,288	16-Mar-03				
M85	Vic Younger	2,074	4-Mar-01				
M90	#Vic Younger	2,673	16-Mar-03				

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

## VMACI Club Records (Continued)

PENTATHLON (w/ShotPut) 2002 WMA Scoring				PENTATHLON (w/ShotPut) 2002 WMA Scoring			
M30	*David Lynch	3,008	4-Apr-99	W30	*Jennifer Baldwin	2,673	13-Apr-98
M35	Russell West	2,112	31-Mar-97	W35	Cathy Orelli	1,807	31-Mar-97
M40	John Creek	3,055	4-Apr-99	W40			
M45	Tom Gerrard	2,801	31-Mar-97	W45	Kathy Heagney	2,459	1-Oct-98
M50	Peter Young	2,374	31-Mar-97	W50	Chris Battersby	2,997	31-Mar-97
M55	Graeme Noden	3,177	28-Oct-97	W55			
M60	Graeme Noden	3,397	13-Apr-98	W60			
M65	Alex Harris	2,971	31-Mar-97				
M70	*Stan Stankovic	2,918	31-Mar-97				
M75	Stan Stankovic	3,059	4-Apr-99				
M80	Andy Smith	1,381	31-Mar-97				

## DECATHLON

2002 WMA Scoring				HEPTATHLON			
M30	Terry Baldwin	6,320	22-Dec-96	W30	Jennifer Baldwin	3475	21-Jan-98
	<i>Chris Bradshaw</i>	<i>7,064</i>	<i>9-Mar-93</i>		<i>*Carolyn Fox</i>	<i>4,448</i>	<i>20-Dec-98</i>
M35	*Peter Urban	6,336	10-Jan-88	W35	Jennifer Baldwin	3,822	10-Feb-02
M40	*Clyde Riddoch	4468	14-Jul-95	W40	Christine Bridle	3444	10-Feb-02
M45	Terry Hicks	5291	18-Jan-04	W45	*Chris Battersby	4969	28-Jul-89
M50	Terry Hicks	6240	21-Nov-04	W50	Gloria Seymon	3674	18-Jul-91
M55	Jim Poulter	4880	5-Jul-01				
M60	*Rudi Hochreiter	7205	27-Jul-89				
M65	Norm Keith	3800	14-Jul-95	W65	*Gwen Davidson	4335	28-Jul-89
M75	Syd Elks	4956	4-Jul-01				
M90	#Vic Younger	4199	23-Feb-03				

## DOUBLE DECATHLON

IAAF & 2002 WMA Scoring			
1st Day: 100m, Long Jump, 200m Hurdles, Shot Put, 5K, 800m, High Jump, 400m, Hammer & 3K Steeplechase.			
2nd Day: 110m Hurdles, Discus, 200m, Pole Vault, 3K, 400m Hurdles, Javlin, 1500m, Triple Jump & 10K.			
M30	David Purdon	11,924	22-Aug-04
M35	Kith Hyndes	7,672	4-Apr-04

## 4 X 100M RELAY MEN

M35	Peter Tuckett, Terry Baldwin, Phil Lancaster, Keith Howden	47.73
M40	Mike Hall, Laurie Telfer, Daryl McAlpine, David Mather	48.8
M45	Gerry Robinson, Terry Dunn, Don McMahon, B. Wyatt	51.5
M50	Graeme Noden, Ross Kent, Bob Wishart, Mike Hall	50.6
M55	Mike Hall, Laurie Telfer, Daryl McAlpine, David Mather	53.4
M60	Kevin Marion, Max Brooks, David Mather, Eddie Stack	56.5
M65	Gerry Robinson, Allan Wood, Terry Dunn, George Simons	63.3
M70	*Mike Johnson, Charles Scarff, Rudi Hochreiter, Jim Thomson	55.5

## 4 X 100M RELAY WOMEN

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

## 4 X 200M RELAY MEN

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

## 4 X 200M RELAY WOMEN

W55	Nyala Millar, Glad Wishart, Joy Herbert, Jan Morrey	2.18.6
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## 4 X 400M RELAY MEN

M40	Bruce Humphreys, Ernie Kemplay, O. McGlone, Colin Waring	3.48.5
M45	John Freame, Russell Johnson, Alan Sinclair, Gary Mowat	3.51.1
M50	Keith Moody, Ian McLeod, Ross Kent, Neil MacDonald	3.52.8
M55	Ross Kent, Ian McLeod, Keith Howden, Richard Trembath	4.09.5



VMACI Club Records (Continued)

M60	Leo Charles, Kevin Marion, Eddy Stack, Max Brook	4.37.0
M65	*Jim Thomson, Norm Keith, Alex Harris, Mike Johnston	4.39.6
M70	Bob Lewis, Tony Martin, Vin O'Brien, Frank Tutchener	5.17.9

4 X 400M RELAY WOMEN

W35	Christine Bridle, Jenifer Baldwin, Annette Pelgrim, Cathy Orelli	4.41.26
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4 X 800M RELAY MEN

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

4 X 1500M RELAY MEN

M50	Ted McCoy, Ray O'Connor, John Waite, John Kneen	20.02.3
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Prepared by the VMACI Records Officer, Clyde Riddoch, GPO Box 1777, Melbourne Vic 3001. Tel: 03 9204 7085 (B), Mobile: 0439 902 907, Fax: 03 9204 7485, Email: clyde.riddoch@auspost.com.au

Obituary - Nance Jeffreys (W95)

(By Mike Hall)

The 3<sup>rd</sup> January 2005 marked a sad day in Victorian Masters Athletics with the sudden passing of beloved Ballarat racewalker, NANCE JEFFREYS.



Penny and I first met Nance almost 20 years ago through a mutual friend STELLA MURNAME, and between the three of us coerced her into joining veteran Athletics "just for fun"! Little did she realise on the memorable day in 1985 what a life changing experience it would turn out to be.

At almost 80 years of age (when I am sure most of us mere mortals would be quite satisfied just to wake up in the morning!), she was destined to embark on a career that saw her become a National icon as she re-wrote the record book in veteran Athletics over the next 15 years.

During this halcyon period Nance set and broke an amazing 27 Victorian, Australian

and World records - 13 of which still remain intact- became a World champion in the 87' Melbourne Games, was given the honour of carrying the Olympic torch in 2000, was twice voted the Australian Sportsperson of the year and more recently inducted into the Sport Hall of Fame at the MCG in Melbourne. Loved by all who came in contact with her through athletics or otherwise, this remarkable little lady, who gave us all so many wonderful memorable moments over the years, will be sadly missed and never forgotten.

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.

## Profile Number 2

### Heather Carr

(By Mike Hall)

Arguably Australia's greatest female racewalker in Masters Athletics for more than two decades, 55 years old mother of four Heather Carr combines natural ability and an insatiable desire to improve, and together they have unquestionably contributed to a long, successful and continuous career in Track & Field athletics.



Like many of her contemporaries, Heather graduated to Masters Athletics through her involvement with little aths and made rapid progress under the astute guidance of well-known race walker 'guru' FRANK McGUIRE, at Dolomere Oval, Mentone in 1985.

Competing at the time in the 35-39 age group she set her sights firmly on the upcoming 87' World Veterans Games in Melbourne where she burst on the international scene with two silver medals (10000 metres in 53.55 & 5000 metres in 25.11). Flushed with this initial success Heather then teamed up with Ringwood coach CHARLIE GORMAN and together they formed an unbeatable partnership for almost a decade, during which Heather became world champion on no fewer than six occasions EUGENE (USA) 1989 (W35) 10000m/50.51 5000m/25.28, MIYAZAKI (Japan) 1993 (W40) 10000m/51.38 5000m/25.03 and BUFFALO (USA) 1995 (W45) 10000m/54.20 5000m/26.14, creating many State, National & World records in the process. Heather's amazing performances during this period did not go unnoticed by National selectors either, and in June 1990 she was included in the Australian team that competed with great success in GRASSAU, WEST GERMANY. Despite being the oldest member of the squad Heather recorded a personal best for the 10km of 49.37 and later that year set another world record for W40 20km 1:42.22.



A Testament to Heather's durability and dedication to her family during a difficult period of her personal life throughout most of the nineties saw her single-handedly raise four children, OLIVIA now 28, LACHLAN 25, KENNEDIA 21 and EVAN 19, hold down a full-time position as a teacher and continue to dominate the world race walking scene with her remarkable consistency at the highest level of the sport.

From 1995 Heather's continued success was inspired by the guidance of well known Australian & Victorian champion MARK DONAHOO & highlighted by being selected as the Australian flag bearer for the opening ceremony at the 1997 World Veterans Games in DURBAN, SOUTH AFRICA. At these Games Heather again took GOLD MEDAL honours in 10000m/52.24 & 5000m/25.33 (W45). This was followed by double gold in BRISBANE, 2001, (W50) 10000m/55.33 & 5000m/26.33 and SAN JUAN (PUERTO RICO) 2003 (W50) 10000m/56.26 & 5000m/28.08 (SILVER).

In a remarkable unfinished career, where winning has been her undoubted "trade mark", Heather has amassed a staggering 11 Gold & 5 Silver medals at no fewer than nine Masters World Championships over the past eighteen years!

Heather met and married former UK soccer star BILL CARR in 1999 who was himself also a top M55 sprinter. They live in Dromana, competing regularly at Tootgarook & Frankston venues. Recently graduating to the W55-59 age group her next major challenge will be to complete her tenth World Games at SAN SEBASTIAN (SPAIN) later this year.

Good luck and congratulations Heather – you are indeed a credit to our sport and a great ambassador for Australia in Masters Athletics.

### Appointments - World Masters Athletics Championships.

Australian Masters Athletics is calling for expressions of interest from members in filling the roles of Team Manager and Medical Officer, for the team travelling to the World Championships, August 2005. At present it is difficult to determine how many managers will be required, and if we are able to appoint a medical officer. Our funding depends on the number of athletes attending, and how many will be travelling with our official travel agent - Jalpak.

The Board expect to be in a position to determine appointments at the Nationals at Easter. Consequently, can you please publicise the potential appointments in your newsletters. The AMA Handbook outlined some of the details of a manager appointment, but not medical officer. It is expected that partial funding of travel and accommodation will be available, the amount will be determined by entries.

Continued p35

#### NEW AUSTRALIAN & PENDING WORLD RECORDS

Age	Event	Name	State	Performance	%Std	Date	Location
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#### Pending World Records:

W60	50k Walk	Val Chesterton	ACT	6:55:10	83.4%	10-8-02	Canberra
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#### Australian Records:

M50	Pentathlon	Rudi Hochreiter	Vic	*3541 pts	-	8-8-77	
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\*Re-scored and found to be better than other performances listed during past 17 years

M40	Half Marathon	Garry Hand	ACT	68:01	89.9%	15-6-86	Canberra
W40	Weight Throw	Jayne Hardy	ACT	13.91m	101.8%	16-2-03	Canberra
M50	Triple Jump	Clay Tompkins	NSW	12.83m	88.9%	8-3-03	Sydney
M50	High Jump	Clay Tompkins	NSW	1.75m	89.7%	9-3-03	Sydney
W40	Hammer	Jayne Hardy	ACT	44.20m	82.1%	15-3-03	Canberra
W40	Hammer	Jayne Hardy	ACT	45.03m	83.6%	20-3-03	Canberra
M80	Pole Vault	Fred O'Connor	NSW	1.90m	62.1%	13-3-04	Homebush, NSW
M80	Long Jump	Fred O'Connor	NSW	3.45m	74.4%	13-3-04	Homebush, NSW
M80	300m Hurdles	Fred O'Connor	NSW	69.38s	81.8%	13-3-04	Homebush, NSW
M80	80m Hurdles	Fred O'Connor	NSW	19.39s	79.8%	13-3-04	Homebush, NSW
M80	3k	Max McKay	NSW	18:01.1	65.4%	1-7-04	Wollongong, NSW
W55	10k Road Walk	Liz Feldman	Vic	57:25.1	86.9%	18-7-04	Middle Park, Vic
M80	3k	Max McKay	NSW	17:43.6	66.5%	22-7-04	Wollongong, NSW
M80	1 Mile	Max McKay	NSW	8:19.5	71.7%	12-8-04	Wollongong, NSW
W40	Hammer	Jayne Hardy	ACT	46.33m	86.0%	2-10-04	Canberra
M80	2k Steeplechase	Max McKay	NSW	11:44.44	82.4%	23-10-04	Rarotonga
W55	Pole Vault	Wilma Perkins	Qld	2.45m	80.9%	4-12-04	Southport, Qld

#### Australian CHAMPIONSHIP Record (omitted from 2004):

M80	1500m	Max McKay	NSW	7:25.35	74.6%	12-4-04	Olympic Park, Vic
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#### Victorian Records:

W60	Shot Put	Rhondda Dundas		9.44m	70.5%	23-1-05	Murrumbidgee
W60	Weight Throw	Rhondda Dundas		12.85m	81.8%	23-1-05	Murrumbidgee

#### Record Application Forms

Please destroy any AMA record application form which does not have my current postal address:

**GPO Box 1777, Melbourne Vic 3001**

Unfortunately forms are still being sent to three of my five previous addresses from the past 6 years: Southbank, South Melbourne and Footscray. I have three Australia Post re-direction orders in place, but mail is still disappearing.

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



## The Landy Trophy - Monday 14th February 2005

### MASTERS ATHLETICS

Doncaster Venue held at Rieschieks Reserve, George Street, Doncaster.  
Run Monday, February 14.

### THE LANDY TROPHY MEETING (all events from Age-Graded handicaps):

#### The Landy Trophy heats:

#### 200 metres:

- Heat 1: Terry Hicks (21m.) 1; R.Kerridge 2; A.Ryan 3. Time 22.54  
 Heat 2: Ron Arthur (40m.) 1; G.Stockdale 2; G.Clarke 3. Time 22.08  
 Heat 3: Richard Trembath (33m.) 1; G.Philpott 2; B.Bottomley 3. Time 23.39  
 Heat 4 : Keith Howden (27m.)1; C.Matthews 2; G.Robinson 3. Time 22.97  
 Heat 5: Mike Johnston (66m.) 1; J.Reeves 2; D.Nobbs 3. Time 22.26  
 Heat 6 : Peter Lamb (27m.) 1; W.Fitzsimmons 2; T.Bradford 3. Time 21.99  
 Heat 7: Peter Tuckett (14m.) 1; M.Tweedie 2; I.McLeod 3. Time 22.61  
 Heat 8: Ross Kent (33m.) 1; R.Wearmouth 2; R.Scholes 3. Time 22.51

#### 1000 metres:

- Heat 1: Terry Hicks (106m.) 1; R.Hendy 2; R.Johnson 3. Time 2.31.40.  
 Heat 2: David Nobbs (183m.) 1; G.Rennie 2; M.Tweedie 3. Time 2.36.11  
 Heat 3: Wayne Fitzsimmons (183m.) 1; R.Trembath 2; R.Waters 3. Time 2.31.68  
 Heat 4: Ron Scholes (106m.) 1; K.Howden 2; I.Winnen 3. Time 2.49.56  
 Heat 5: Mike Johnston (376m.) 1; R.Oakley 2; C.Matthews 3. Time 2.21.53  
 Heat 6: Peter Lamb (144m.) 1; A.Ryan 2; M.Crawford 3. Time 2.39.00  
 Heat 7: Ron Arthur (225m.) 1; P.Tuckett 2; D.Tamang 3. Time 2.46.96  
 Heat 8: Ross Kent (183m.) 1; R.Kerridge 2; G.Philpott 3. Time 2.37.05

**Landy Trophy Consolation Final, 400 metres:** Keith Howden (54m.) 1; David Nobbs (69m.) 2; Con Matthews (85m.) 3. Time 49.42.

**The Landy Trophy Final, 400 metres:** Mike Johnston (age 83, 142m.) 1; Ron Arthur (85m.) 2; Peter Lamb (54m.) 3. Time 46.20.

**Doncaster Dash (Little Athletics, 100metres):** Bronte Gange (age 12, 13m.) 1; Phoebe Spinks (11m.) 2; Brianna Mirabella (18m.) 3. Time 11.65.

**Manningham Mile (Open):** Katherine Katsanevakis (age 16, 176m.) 1; David McNeill (Scr.) 2; Alexandra Lavale (216m.) 3. Time 4.15.08.

### NEVER TOO OLD

Veteran Mentone athlete Mike Johnston again proved himself one of the superstars of Australian Masters' Athletics when he won the sport's most prestigious event, The Landy Trophy, for the second time at Doncaster last week.

## The Landy Trophy (cont)

Johnston, 83, ran from the 142 metre mark in the 400 metre final and won from the second-oldest man in the field, professional runner Ron Arthur, 65, who ran from 85 metres, with Geelong's Peter Lamb, 55, third from 54 metres.

Johnston's time of 46.20 seconds remarkably was faster than the 46.6 he recorded in winning two years ago, but was in keeping with his status as the world record holder for the Men's 80-84 age group 400 metres, which stands at 72.85.

Johnston has now contested The Landy Trophy twice and is unbeaten, having won both his 200 metre and 1000 metre heats before taking the final on both occasions.

In between his wins he had a season off when he had knee surgery and many doubted that at age 83 he could possibly recapture the form he showed at 81. But Johnston indicated with his performances that he has come back better than ever.

The Landy Trophy is run from handicaps based on the internationally recognised Age-Graded Percentage scale, which makes allowance for age and gender.

The strength of this year's final was indicated by the fact that five of the eight runners were World Championship gold medallists, as was last year's winner, Keith Howden, who won this year's Consolation Final.

Trophies at the meeting were presented by the Governor of Victoria, former Australian athletics icon John Landy, in whose honour the feature event is named.

The two supporting events, The Doncaster Dash, a 100 metre event for members of Little Athletics, and The Manningham Mile, for Open class runners, may well have unearthed two stars of the future.

Governor Landy was most enthusiastic about the potential shown by both Bronte Gange, 12, who won The Doncaster Dash, and Katherine Katsanevakis, 16, who turned in a courageous performance to defy her rivals in the Mile.

Gange ran an impressive 11.65 seconds from the 13 metre mark, while Katsanevakis recorded 4:15.08 in holding off a gallant finish from 18-year-old scratch marker David McNeill.

A crowd of more than 300 flocked to the Rieschieks Reserve track in George Street, Doncaster for what was the first meeting on the newly resurfaced circuit.

There is no doubt they saw two champions in Landy and Johnston. Time may prove they saw four.



**Vale****Royce Foley**

Royce was born in 1916 and so was 88 when he died on 13 February 2005. He had been an active trade unionist before retiring and brought the skills of strong argument, forthright leadership and determination to



veteran athletics. He directed his energies into field games, throwing implements such as shot, discus hammer and javelin with such ability that he held many world records in the various age groups as he passed each five year stage. He was the initiator of the throwers group of the Victorian Veterans Athletic Club at the Murrumbeena track. During the 1980s and 1990s he showed initiative and leadership, negotiating with the Caulfield Council for facilities, having storage built, equipping the group with implements and maintaining them efficiently. That group grew from humble beginnings to a very strong sporting club

offering a special and valuable form of sport and recreation to mature aged people of thirty years and over. It has been the growth area in masters athletics in the last twenty years, due in no small way to Royce Foley.

His influence was felt at various levels. He was president of the throwers group, a long term member of the Victorian committee (VVACI), a board member of the Australian body (AAVAC) and a technical delegate of the world body, (WAVA, the World Association of Veteran Athletes). All of these positions are voluntary, unpaid positions. In 1987 WAVA gave Melbourne the duty of hosting the World Veterans Track and Field Championships, attracting about 5000 athletes to Melbourne. Royce was the main organiser of all throwing events. Here he was able to introduce a new event of his own devising, the weight pentathlon. With the addition of a new throw, the heavy weight, the field events numbered five. To make them a pentathlon for veterans it was necessary to bring the points tables for heavy weight throw into line with those for the other implements and to use age-graded tables to score the event as a pentathlon in five year age groups. Royce managed to get all of this paperwork done and the event went very well. Since then it has enjoyed great popularity amongst throwers of all ages. It is a recognised event at state, national and world level, and it all started with Royce Foley at Murrumbeena track.

At the stage when veteran athletics was in its infancy, in the 1970s, Royce saw the need to keep records of outstanding performances. So he took on the role of statistician and kept records at Australian and World level, handling all applications and communicating with the world body (WAVA) for validation of the claims. This involves much clerical work and attention to detail. He maintained this voluntary role for many years until his failing eyesight made it impossible.

Over twenty-odd years Royce has travelled to World Veterans Championships all over the world every two years, winning many gold medals and breaking many age group records. This has become increasingly difficult as his eyesight failed and he became legally blind. For this reason he retired from his committee work but continued to exert his influence, if in a more relaxed way, among the throwers of Australia. His funeral at St Patrick's Church within one block of his home ground, Duncan McKinnon Park, was well attended by a staunch group of family, friends, veteran throwers and runners, and members of Glenhuntly Athletic Club. The support of these people was a testimony to the network that he has built up over a lifetime of devotion to the things he believed in. We celebrate his life.

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 together with the AMA fee. This also applies to all paper copy entries – please send your completed entry form, proof of age and payment to the AMA Entries Clerk who will verify the information and then forward to the LOC.

To assist processing, please complete the attached form and include details of a contact at home in case of emergency for the use of the team manager. Entrants must be financial members of a State/Territory masters/veterans club. AMA will verify this information.

**AMA Administration Fee:** In addition to the WMA entry costs, Australian Masters Athletics charges an administration fee of **\$35.00** for each entrant to cover the costs of sending a Team Manager and other incidentals such as postage and phone calls regarding the entry. As we are asking you to submit your entry fees to San Sebastian in Australian dollars, this amount of \$35 may be included in the one cheque or money order. Credit card payment is not available as AMA has no credit card facility. See the accompanying note about calculation of Euros to AU\$.

**OFFICIAL CLOSE OF ENTRIES: 23 May 2005**

Your validation documentation should therefore reach

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

no later than **23 April 2005**, and preferably by **23 March 2005** to allow validation processing.

**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](mailto:adlkss@jalpak.com.au) for information.

**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.

Australian uniforms can be viewed via the Queensland Masters Athletics website at [www.mastersathletics.com.au](http://www.mastersathletics.com.au), or can be purchased 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](mailto:mcdonnellh@bigpond.com.au))

**RELAY TEAMS:** To assist selection, please indicate your interest in competing in the relay teams on the attached form.

**TEAM MANAGERS:** The number of Australian entries for the World Masters Athletics Championships at San Sebastian next August will determine the number of team managers to coordinate teams, manage athletic activities, handle issues such as protests and attend daily briefing meetings. A Team Manager may compete in several events on the understanding that their participation does not impact on managerial duties. The administration fees paid by athletes together with additional AMA funds provide a level of reimbursement of travel and accommodation costs of the Team Manager/s.

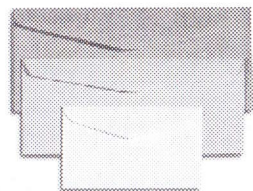
#####  
***Expressions of interest in this position should reach Brian Foley, Secretary, AMA Inc, 8 Habgood Street, East Fremantle WA 6158 (or by email to: [brianfoley@bigpond.com.au](mailto:brianfoley@bigpond.com.au)) by 31 January 2005. Applicants should provide a brief summary of their qualifications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







## Your Letters



## From the WMA President Torsten Carlus

## San Sebastian

So has already one quarter of the New Year passed and we have only half a year until we meet in San Sebastian, ESP, for our XVI World Masters Athletics Championships Stadia and our General Assembly. This "homestraight" is a period filled with all the necessary preparations both for the LOC in San Sebastian and for the WMA Council - especially for the Secretary of course. There is much to prepare to make the San Sebastian another successful meeting point to the world's master athletes.

As far as we know the preparations for the Championships follow plans and budget very well. I take for granted that you have visited our WMA website and seen the wonderful San Sebastian sports area Anoeta that is one of the best we have ever been invited to. A big main Stadium, partly covered, and then the B-stadium, Anoeta Mini Stadium, just 50 meters away, is a perfect site for our Championships.

The General Assembly will be held on August 30 with the Regional and Committee meetings on August 27. As this General Assembly is also an election Assembly it will of course draw much interest from all involved. Our Secretary Monty Hacker has sent out all necessary information for the General Assembly which means that both nominations for Council offices and motions for amendment of Constitution/Bye-Laws/Rules of Competition shall be in his hands not later than June 1, 2005, and he will then send them out to all Affiliates not later

than July 15. All information will also be posted on the WMA website.

The Council will also present a number of proposals for amendment of Constitution/Bye-Laws/Rules of Competition which you will see on our WMA website in some months.

## Delegates for the General Assembly in San Sebastian

Please observe that names and addresses of the Delegates for the General Assembly in San Sebastian must be given to our Secretary not later than July 31. We have had problems the last two Assemblies with many Delegates stopped from voting so I urge you to give your Delegates on time.

The WMA Council will present a proposal to alleviate this rule but for San Sebastian it is there and must be followed.

## Bids for 2008 World Masters Indoors

As you already know there are two candidate cities bidding for our 2008 World Masters Indoors, i.e. Glasgow, GBR, and Lievin, FRA. I had the pleasure myself to make our inspection visits to the cities in January together with Rex Harvey, our Vice President Stadia. To say the least of our overall impression is that the two cities offer wonderful indoor arenas and the one in Lievin will in time for our Championships get a big upgrading to make it still better. We have had photos of the two arenas on our website in February and you will find these plus some more now in the "Gallery" on the website. Both cities are committed to make a strong bid and presentation in San Sebastian and we will post our findings on our website as soon as the two bidders have given their OK to our observations.

## 2006 World Masters Indoors

The city of Linz, AUT, will host the World Masters Indoors the next year and we know

this will be another big success. You have no doubt seen the Intersport Arena on our website and the second weekend in February I had the opportunity to visit and see the "rehearsal" in Linz, i.e. a big indoor meeting with youths, juniors, seniors and masters. Some photos are on our website and you will be able to feel the good atmosphere here. Linz will do its utmost to give us the very best and with promises from Sindelfingen that many more countries will participate in Linz the next year (March 15-20) we can look forward to a great manifestation of masters athletics at its best.

## Official winter throwing events

In Sindelfingen we had unofficial winter throwing events but the Council has decided to make them official and at the World Masters Indoors in Linz the discus-hammer-javelin will be official Winter World Championships events - of course thrown outdoors. It means that the throwers will have a complete programme with all their five events, which I am sure, will stimulate to big participation.

## Bids for 2007 World Masters Stadia

The inspection visits to the two bidders Lahti, FIN, and Århus, DEN, will be made in April-May and we will give information and photos on the WMA website. Lahti is a famous sports city in the midnight sun area of Finland - also for skiing - and Århus hosted excellently the European Veterans Championships in 2004. You have seen some photos from the Lahti Athletics Stadium with the ski jumping towers in the background and we will soon also post photos from Århus.

## WMA World Masters Championships 100K/Mountain Running

Our 2<sup>nd</sup> World Masters Championships 100K will be organised in the Japanese city of Lake Saroma on June 26. We had the

inaugural Championships last year in Tainan, TPE, with about 150 masters but I would like to use the opportunity to promote these ultra-running Championships here.

In this context I can also mention that the WMA Council prepares a proposal to the General Assembly in San Sebastian that WMA adds also mountain running to its world masters championships programme. I am sure that this will be approved so that we can have the first World Championships perhaps already in 2006 organised in co-operation with WMRA.

I use also the opportunity to wish you a good preparation time for San Sebastian and hope to see you all there!

*Torsten Carlus*  
WMA President

Dear Editor,

After 24 years with the Veterans/Masters Athletic Club, I like to let you know that I have moved from Pakenham to Bairnsdale (sunny Gippsland).

In the time I have been with the Club, at Mentone and Caulfield Venues I enjoyed my running and the friendships I made.

I did over the last 3 years develop sciatic problems, which made my running a lot more painful, than what it usually is.

And so I have decided, to enjoy the waterways with canoeing, swimming, fishing and the many bicycle tracks, which are so plentiful here.

I would like to thank the committee and all the friends I made over the years, and I may see you sometime down here.

Kind Regards,  
Stay healthy,

*Louis Waser*



Dear Sir:

THE Doncaster venue of Victorian Masters Athletics would like to acknowledge and thank all the volunteers, some who are members of VMA and other athletics organisations and some who are not, for their time and assistance in running The Landy Trophy meeting on February 14. Without their contribution this meeting, the highlight of our year, could not be conducted.

We would also like to thank officials and members of Doncaster Little Athletics Centre for the use of their judging and timing equipment and for their help and overall co-operation.

We are most grateful for the considerable help and support we get not only from the off-track volunteers but those who participate in the various events and 'put on the show'.

Yours in athletics,

*Richard Trembath,*  
Landy Trophy Co-ordinator.

## What's On

2005

March

- 5<sup>th</sup> VRR Tan Handicap & Breakfast (8km & 4km), Swan Street Bridge at the Tan, 7.30am (9744 1072)
- 5<sup>th</sup>-6<sup>th</sup> VMA State Track & Field Championships, Duncan MacKinnon Reserve, Murrumbeena, Melway 68K9 -12 noon
- 10<sup>th</sup> VRR Twilite Tan Time Trial ( 8km & 4km), 6:30pm start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)
- 13<sup>th</sup> VMA Weight Pentathlon, Duncan MacKinnon Reserve, Murrumbeena, Melway 68K9 - 10am
- 20<sup>th</sup> Dennis O'Hehir Memorial Tap Run - 9km Eaglemont Tennis Courts Melway 31K10 - 7pm
- 20<sup>th</sup> Self Transcendence Boulevard Run (15km, 10km & 5km), Kevin Bartlett Reserve, Burnley, 8am (9650 0114)
- 20<sup>th</sup> Take on The Lake Fun Run & Walk (8km & 4km), Lillydale Lake, Lilydale, 9am (9870 7822 w)
- 20<sup>th</sup> Eaglehawk Half Marathon (21.1km), Eaglehawk Leisure Centre, Eaglehawk, 8am (5446 7158 h)
- 20<sup>th</sup> Beat The Barwon Fun Run (10km, 5km & 2km), Belmont Common, Barwon River, 8.30am (5243 6151 h)
- 20<sup>th</sup> Twin Cities Post Wodonga Primary School Fun Run (10km & 3km), Birralee Park, 10am (02 6024 2655 w)
- 23<sup>rd</sup> Super Sunset Series - Tan Track (8km & 4km), Linlithgow Avenue, Kings Domain, 7pm (9347 3532 w)
- 25<sup>th</sup>-28<sup>th</sup> AMA Track & Field Championships, Queen Elizabeth II Stadium, Brisbane
- 26<sup>th</sup> Sheepwash Classic Fun Run (8km & 4km), Barwon Heads Primary School, 10am (5254 3216 w)
- 28<sup>th</sup> Mt.Nowa Nowa Challenge Fun Run (14km & 4km), Nowa Nowa Hall, 10am (5155 7305 h)

## What's On

April

- 2<sup>nd</sup> Tan Time Trial ( 8km & 4km), 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11) (9744 1072)
- 3<sup>rd</sup> Self Transcendence Princes Park Run (15km, 10km & 5km), Princes Park, Carlton, 8am (9650 0114)
- 10<sup>th</sup> Angela Taylor Memorial Run 10km & 5km, 8:30am start Police Memorial (Toms Block), Linlithgow Avenue (Melways 2F H9) (9744 1072)
- 16<sup>th</sup> CHC Ultra 24hr, 12hr & 6hr relay (various), Harold Stevens Athletics Track, Coburg, 10am (9386 9251 h)
- 24<sup>th</sup> Lest We Forget Run (8km), Tom's Block, Tan Track, Linlithgow Avenue, 8.55am (1300 737 437)

May

- 1<sup>st</sup> Great Train Race (13.2km), Puffing Billy office Belgrave, 9.30am (9754 6800 w)
- 7<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11) (9744 1072)
- 8<sup>th</sup> Westerfolds Park Half Marathon, 10km & 5km fun run, 8:30am start Porter Street entrance (Melways 33 F3)
- 8<sup>th</sup> Walhalla Wound-Up (37km & 19km), Start Hotel, Walhalla, 8am (5174 9869)
- 14<sup>th</sup> Great Ocean Road International Marathon [ & May 15] (various), Apollo Bay, (5224 2466)
- 15<sup>th</sup> CHC Coburg Fun Run & Walk (10km & 5km), Harold Stevens Athletics Track, Coburg, 9am (9386 9251 h)
- 21<sup>st</sup> Mt.Beauty Half Marathon (21.1km, 10km & 3km), Mt.Beauty Sports Complex, 10am (5754 4005 w)
- 22<sup>nd</sup> VMA Walk Championships 8:30 20km Men 30-69, 9:30 10km All Women and M70+, Albert Park, Melway 2KF10
- 22<sup>nd</sup> Self Transcendence R&F Festival (42.2km, 21.1km, 10km & 4km), Williamstown Aths Track, 8am (9650 0114)
- 22<sup>nd</sup> VMA Fun Run (10km), Aberfeldie Athletics Track, 9am(9754 4405)
- 29<sup>th</sup> Runner's World Run To The G (10km & 4km), MCG, 9am (9819 9225 w)

June

- 4<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11) (9744 1072)
- 13<sup>th</sup> Rutherglen Rotary Fun Run (10km), Main Street, 10am (02 6032 8690 w)
- 18<sup>th</sup> CHC Coburg Bluestone Classic (15km & 7km), Harold Stevens Athletics Track, Coburg, 2pm (9386 9251 h)
- 19<sup>th</sup> VMA Cross Country (10km), Yarra Bend, Fairfield, 10am (9754 4405) Melway 30G12
- 19<sup>th</sup> Traralgon Marathon & Half (42.2km & 21.1km), Tennis Courts Davidson Street, 8am (5133 9036 h)
- 26<sup>th</sup> Self Transcendence Como Landing Run (10km & 5km), Alexandra Avenue, South Yarra, 9am(9650 0114)

July

- 2<sup>nd</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)
- 10<sup>th</sup> Maribyrnong River 10km & 5km fun run, 8:30am start Footscray Boat House (Melways 25 G3)
- 22<sup>nd</sup>-31<sup>st</sup> 6<sup>th</sup> World Masters Games, Edmonton, Canada
- 30<sup>th</sup> VMA Walk Championships 2:15pm 10km Men 30-69 and 5km All Women and M70+, Albert Park, Melway 2KF10



## What's On

### August

- 6<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)
- 10<sup>th</sup>-12<sup>th</sup> The first Masters GP meeting in Lahti (Helsinki)
- 21<sup>st</sup> Princes Park Half Marathon, 10km & 5km fun run, 8:30am start Royal Parade, near Carlton Football Ground (Melways 29 G12)
- 22<sup>nd</sup>-3<sup>rd</sup> Sept 16<sup>th</sup> WMA (Stadia) World Championships, San Sebastian, Spain

### September

- 3<sup>rd</sup> Tan Time Trial 8km & 4km, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11)

### October

- 1<sup>st</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)

### November

- 5<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)
- 6<sup>th</sup> Jells Park 15km, 10km & 5km fun run, 8:30am start Ferntree Gully Road entrance (Melways 72 B10)
- 10<sup>th</sup> Twilite Tan Time Trial 8km & 4km, 6:30pm start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)

### December

- 3<sup>rd</sup> Tan Time Trial 8km & 4km, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11)
- 8<sup>th</sup> Twilite Tan Time Trial 8km & 4km, 6:30pm start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)
- 31<sup>st</sup> New Year's Eve morning 8km & 4km fun run and champagne breakfast, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11)

## 2006

- January Oceania Championships, Christchurch, NZ
- TBA 3<sup>rd</sup> Trans Tasman Masters Games (TTMG), The Hunter, NSW

### March

- 15<sup>th</sup>-26<sup>th</sup> Commonwealth Games, Melbourne

### May

- TBA WMA Indoor Championships

### November

- 4<sup>th</sup>-12<sup>th</sup> Pan Pacific Masters Games - Gold Coast

## 2007

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

### Appointments - World Masters Athletics Championships (from page 20)

The requirements for determining the appointments are for applicants to submit a resume, which addresses the following:

#### Team Manager(s):

- Personal details: name, age, address, etc
- Athletics background:
- Masters athletics background:
- Management experience in sport or business:
- How the applicant is able to fulfil the position:
- References for us to contact:

#### Role of Manager:

- § On appointment, send resume to state newsletters.
- § Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- § Obtain location of Australian Embassy / Consulate, and advise them of the involvement of the Australian Team.
- § Arrive early to determine location of events, relative to accommodation.
- § Meet local organising management.
- § Attend Managers Meetings.
- § Organise team meetings, when required to pass on relevant competition information.
- § Appointments of flag bearer,
- § Competition team selection.
- § Deal with competition issues - disqualifications, appeals, Australian records, incorrect entries, etc.
- § Arrange message board
- § Collect result sheets
- § Compete yourself in 1-2 events, to be part of the experience.
- § Have a good time.

#### Medical Officer:

- Personal details: name, age, address, etc
- Medical qualifications:
- Masters athletics background:
- Similar team experiences
- How the applicant is able to fulfil the position:
- References for us to contact:

#### Role of Medical Officer:

- § On appointment, send resume to state newsletters.
- § Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- § Determine if there are any local health issues to publicise.
- § Determine a suitable place of routine contact for athletes and family to discuss health issues.
- § To be available at the main track or cross-country venue if hot weather.
- § Compete yourself in 1-2 events, to be part of the experience.
- § Have a good time.

Expressions of interest are to be forwarded to the secretary at the above address, or email at [bwfoley@bigpond.net.au](mailto:bwfoley@bigpond.net.au) (note - the email address in the handbook is incorrect)

**Applications required by March 15.**

We previously appointed two managers and two medical officers for the Gateshead team, but only one manager for Puerto Rico.

**Brian Foley**  
Secretary AMA Inc